

TIME *of the* GREAT SHIFT

YEAR ZERO



KIARA WINDRIDER

ACCLAIM FOR YEAR ZERO

“I read this book twice because it was so provocative and compelling. Kiara Windrider has done something almost no other author has before. He has built an architecture – at the same time both scientific and spiritual – that, better than almost any other book I have read, explains what is going on in our world, solar system, and galaxy today . . . and where this all is going and what its implications for humanity are likely to be. Year Zero is an unusually authoritative, integrated picture of the future!”

— John L. Petersen, Editor of *FUTUREdition* and author of *A Vision for 2012: Planning for Extraordinary Change*

“As I write, I am days, possibly hours from experiencing the birth of my first child. I can barely contain myself as I implode with gratitude for the gift of Year Zero! Every word resonates on a cellular level, awakening ancient memories and realigning my consciousness with an unshakable knowing that the best has yet to come. This is more than a book; it is a manual for building the new world! A world I am honored to leave to my child.”

— Mikki Willis – new father/founder, *ELEVATE*

“Kiara is a man of integrity who has really done his homework. At the same time, he is both very intuitive and mystical, and has used these gifts to explore, understand, and clearly explain to his readers the exceptional opportunities and possibilities that we as individuals and as a world have in front of us. It is said that, ‘Knowledge is power’ and Year Zero is powerful!”

— George Humphrey, Author and Radio/TV Host

“From a lifetime’s courageous spiritual quest, in *Year Zero* Kiara Windrider offers us a wonderfully wise and enormously inspiring guide to the extraordinary times we are living through. With great lucidity and profound compassion he compellingly weaves together the big multidimensional picture of the unique opportunity we now have to undergo an unprecedented shift of our collective consciousness that offers ourselves and Mother Earth the hope and potential of a truly golden era for 2012 and beyond.”

— Dr Jude Currivan, Cosmologist, Healer, and Author of *The 13th Step* and *HOPE*

“*Year Zero* is head and shoulders above most of the other books on the coming changes because, instead of implying that prophecies delineate predetermined events, he writes with a spirit and consciousness that empower individuals to make their own choices for a positive future.”

— Peter Mt. Shasta, author, “*I Am*” *The Open Door* and *Adventures of a Western Mystic*

“Beautifully written! Kiara Windrider’s personal experiences, generously shared, are both moving and uplifting. Our old world is now collapsing before our very eyes and this work is a rock in a tempestuous sea!”

— Simon Peter Fuller, Founder of Wholistic World Vision

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By Kiara Windrider

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DEDICATION

I dedicate this book to my father, who passed away while this manuscript was being written. A scientist as well as mystic, he was a dedicated seeker of wisdom and truth. I know he continues to guide and inspire many from a place beyond the world of human illusion.

Thank you, Baba, for the steadfast love, unfailing support, and profound wisdom

you have shared with so many throughout your years on Earth. This book tells so much that I had wished to discuss with you while you were here. . . .

Journey well... journey far... carrying on your work of creating a better world for all.

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PREFACE – WAVES ARE COMING IN

This book is an attempt to weave scientific and mystical truths together into a new vision of humanity's evolution. In a world that seems dominated by confusion and chaos, it is impossible not to be aware that we have become an endangered species on an endangered planet. What choices do we have?

Imagine being trapped on an unknown shore, steep un-scalable cliff behind, facing an ominously rising tide of tsunami proportions. Do we stick our head in the sand pretending it's just a bad dream? Do we give ourselves up to drown in despair? Do we break our heads against the rocks of regret and blame? Do we frantically make our last prayers? Or do we accept the challenge of the wild ocean, find the place of our deep strength, and seek a way out that we haven't yet seen?

There is increasing evidence, based on worldwide scientific research, that huge climate changes are coming, and indeed, have already begun. Ancient mythologies, calendar systems, and prophecies from many different traditions provide clues to what this might look like and how we might respond.

While some may look towards the future with fear and dread, a very different picture arises as we examine these same events from the perspective of planetary cycles. Yogis and mystics such as Sri Aurobindo, Mirra Alfassa (also known as the Mother), and Sri Yukteswar Giri, provide us with much hope and inspiration about these times, and refer to a quantum shift in human evolution.

There has also been some very exciting research emerging from the work of scientists such as Paul LaViolette, Alexey Dmitriev, Gary Sultan, Douglas Vogt, Gregg Braden, and a host of others, which seems to support these higher-dimensional spiritual

perspectives.

Many saw the cusp of the year AD 2012 as critical date in this exploration. Signifying the end date of the Mayan calendar, it represented many things to many people. Some saw this as the end of time, others talked about the birthing of a golden age. For some it represented a new stage of evolution, for others it was the prelude to global catastrophe.

I visited Guatemala in November 2008, along with Norbert and Christine Muigg, who many years ago founded the ToOmRa Center in the Guatemalan highlands overlooking Lake Atitlan. Here a small group of us had the privilege of spending a few hours with their teacher, Don Alejandro Cirilo Perez Oxlaj, who is widely respected as head of the Mayan Council of Elders. I asked him what the Maya think about 2012.

“There are so many people out there who have their own interpretation of our calendar system,” said Don Alejandro. “They are free to say what they want, and they may even be right in their own way, but they should not say they are representing the Mayan people.”

“We don’t speak about 2012,” he went on to say. “This is how you interpret our calendar in your Gregorian system. We ourselves only speak about Year Zero. And although we cannot say that it will happen exactly in 2012, we understand the signs that precede this event and we know that the time is very close.”

The actual date of December 21, 2012, like many such dates, has come and gone. If anything significant happened, it was not something that was particularly discernible to the outer senses. This however does not negate the Mayan understandings of Year Zero, and the wealth of scientific material supporting this momentous Shift, as I outline in the following chapters. The cycles and possibilities I speak about in this book are real, but it is important that we do not try and pin these down to linear historical dates. Great

changes are already happening in our world, faster than we think, and bigger than we would like to imagine.

But this is only the beginning, and I do feel that a quantum shift in human and planetary consciousness is imminent. Many collective hopes in the history of civilization have been pinned on linear dates, which have ultimately failed. Perhaps we need to heed the wisdom of Don Alejandro and not get too attached to specific calendar dates. When a woman is pregnant we may try and give her a due date, but it doesn't mean the baby will come exactly on time. All we can say is that the time is soon.

We cannot translate solar time into galactic time. From the perspective of solar time, one day follows another day like any other, and life goes on. From the perspective of galactic time, however, everything seems to be spiraling tightly towards Year Zero. We seem to be approaching a tremendous upheaval of consciousness now, a final phase of acceleration in preparation for a great cosmic moment.

What will this cosmic moment look like? This is a theme I will expand upon in future chapters. But as we encounter the uncertainties and fears that are so much a part of these times, I would like to remind us that we are never given a challenge that we cannot rise to. If the crisis facing us is extreme, so also are the opportunities to create something new. It is not the events themselves, but how we respond to them, that determine our collective destiny.

Fear is a natural response to change, especially change of the magnitude that seems to be coming towards us. As a child, I would often dream of tidal waves, awakening in panic and horror just before huge walls of water descended on me. The images still come up sometimes, but this hasn't diminished my passionate love for the sea, and I like nothing better than to spend long hours swimming through beautiful coral worlds whenever I can.

To experience fear as a biological response to the unknown is very different from going into fear or drowning in doom and gloom. Fear

is a response to the unknown. We fear the unknown simply because we are afraid of change. Once we consciously enter the gates of the unknown, this same fear turns to exhilaration. Once we understand what is happening, and more importantly why it is happening, we are given a choice.

A new species is emerging in our midst. I believe that all the physical changes and consciousness changes going on today are designed to assist in this birthing process. This book is an attempt not only to understand this birthing but also to participate in it, both personally and collectively.

While attempting to be as accurate as possible in regard to the scientific information presented in this book, this book is also deeply personal. Woven together with the scientific research are many of my own multi-dimensional explorations into the nature of human consciousness, as well as my own struggles to understand and integrate information that has been sometimes frightening and disturbing, sometimes beautiful and exciting.

I am not fixated about anything I write here. The conclusions I derive in this book are my best attempts to understand our current global reality, but my perspectives are constantly changing as new information comes in, and I may say something completely different tomorrow. I welcome your feedback so we may continue to refine this vision together.

I believe that we are aspects of an infinite intelligent consciousness, and that we are preparing for something beyond our imagining. Going back to the analogy of being trapped on unknown shores, we need not limit ourselves to fear-based options. We can also choose to get our surfboard ready for the most exhilarating ride of our lives!

It is my hope that this book will provide tools and perspectives for us to do so.

FOREWORD – JOHN L PETERSEN

There are structural problems with trying to look into the future.

First of all, we all walk into the room with the baggage we are carrying. For most people, that baggage is the sum total of their experiences. It is what they think they know from what has happened to them in the past. It is only as broad as their explorations and as narrow as their interests.

Almost all of us are also necessarily specialists. We have been educated in specific disciplines. We focus on particular professions. We have limited time for hobbies. We are not generalists, ranging widely and knowing something about most everything. We are not system thinkers, naturally visualizing all of the big contributing components of the network under consideration. Economists, for example, don't usually spend a lot of time thinking about rapid climate change... even though a big accelerated shift in the world's weather would drive their econometric models over the nearest cliff. Energy analysts are probably not closely tracking social value shifts and the relative confidence that the public has in their government... even though consumer buying and traveling behaviors directly relate to these factors.

It is bad enough that one's experiences are necessarily constrained – offering a perspective of only a slight sliver of the total available knowledge – but for some reason, most of us think that our necessarily myopic, highly colored view represents, in some significant way, absolute reality. We believe that our personal experiences are more absolute than relative and that what we, in fact, believe, we really know.

The essence of being “sane” is having a relatively coherent concept about what is going on around one's self. To the extent that

there are holes in that concept – things that we don't understand – we fill those holes in with ideas that we either come up with ourselves or that have been given to us by friends, authorities, and institutions (like government and religion). We take those notions and believe them and deem them to be true... because doing so helps us make sense of our human experience. But most of us don't know where what we know ends and what we believe begins.

Most people seem not to have ever given a thought to the idea that everything we experience is transmitted to our brains through physical transducers (eyes, ears, skin) that fundamentally shape and constrain the external signal, essentially making our reality subjective. If you're color blind, you are aware of this reception– but only because someone else, with a broader perspective, has demonstrated it to you. If you're married, you know that the same event can really look and mean different things to different people.

Furthermore, we presume what has happened in the past will necessarily repeat itself – always in some familiar form. Our radar is locked pointing backward – not forward, which is why most forecasts and predictions are based upon extrapolations of historical behavior ... and are wrong. As university analysts found when they did a study of the predictions and forecasts of well-known economists over the years on where the economy was going, rates of economic growth, and so forth: if one had trained a parrot to say, “Same as last quarter” whenever you asked it a question, the parrot would have been more accurate than any of the economists.

We have no innate provision for either anticipating or dealing with very disruptive change that produces a future that hasn't already been considered. Science tells us that we make sense using stored patterns in our brains collected from former experiences. If something new shows up that isn't congruent with an existing pattern, we can't make sense out of the situation. If we haven't thought about it – it isn't there. In such moments, we plug the hole

with something that seems to make sense.

All of this suggests that there's no place for big, rapid, revolutionary change in the cognitive equipment set of most members of our species. We have a set of capabilities that are adapted to the past, not the future.

This is all important because we now appear to be moving headlong into a major evolutionary shift that encompasses not only the planet (and perhaps the solar system and galaxy) but also humanity. The distinct patterns of these kinds of transitions are quite clear from history. They come at generally predictable times (each era is one tenth the size of the previous ones), are quicker (state changes are now measured in years, or maybe months, rather than centuries), and more violent (eight-nine times the amount of knowledge and complexity is quickly inserted into the system, both in seemingly positive and negative terms).

In every previous case, out of such change emerged a new level of intelligence, capabilities, and self-awareness in the dominant species ... and the previous social structures collapsed. It's one thing to live through a small segment of a shift of this type that takes, say, 200 years – it is quite another to navigate one's self through the rapids of a five or ten year transition that might be violent as well as rapid. But that is what we must do. That is why we are here.

There's a problem with the model I've just described: that it derives from the shortcomings I've just enumerated. It's hard, if not impossible, to describe from the position of an earlier era how life might transition to a new reality that doesn't at all work like the current, familiar paradigm. What that means is the new world – and the transition from here to there – might very well be much stranger than we can generally imagine. That's the essential nature of a paradigm shift; how you make sense of reality dramatically changes.

All of this begs the question: What do you do if you're on the edge of what could be the greatest transition in the history of the planet?

I'd suggest that there are four things that would find themselves in any good list of the most important things to do in preparing for planetary shift. You need to learn from the past, anticipate what might be inbound from the future, innovate with new ideas about how to live, and become highly adaptive and able to adjust to the new reality. All of these things could be summed up in the base characteristic of agility, I suppose – the ability to dance to whatever new song the universal band plays.

Now, that's easy to say. Just get agile. Well, I'll tell you – daunting as it may seem, it's quite possible. But there are two prerequisites. The first and most important is that you commit yourself – you must intend – to actively engage in this transition. You must engage in order to transcend.

I can assure you that if you seriously put that intention into place, your world will change. New people will show up, you'll hear things that are important in ways that never seemed before... and you'll find books like this one. Your universe will reconfigure itself to make that intention your reality.

The second prerequisite is one of the things I mentioned above: anticipation. Anticipation is more important than all of the other characteristics mentioned. If you can't anticipate – have foresight – how do you know what to innovate for? If you don't have an idea of what might be inbound, how do you build an adaptive life or organization? What are you going to adapt to or for? And, if you don't have an idea of what might be in the future, where do you go in the past to learn how others have previously responded to big change?

So, anticipation, or foresight, laced with all of the human shortcomings I've mentioned earlier, is what we must embrace.

Foresight is about building coherent ideas in your mind about likely or plausible futures and understanding what might happen between now and then that could make those futures manifest. These

are mental pictures. In my business, we talk about them as scenarios, but that is a somewhat formal characterization – they’re really stories that make sense, and the more they make sense, the more powerful they are in providing you with a framework, an architecture, for action.

Conceptually, it’s the same, and almost as simple, as gathering enough information to come to the conclusion that there might be a very large hurricane coming your way in the next six months (got that mental picture?), and thinking through what you might have to do to prepare yourself for such an event.

Now, relatively speaking, that’s rather easy to do if you’re talking about the weather – if you presume that the giant meteorological storm, though larger, is pretty much like other hurricanes, then the analogy to the present situation starts to come apart. In this case, it’s a little like you thought the highest velocity the winds might build to were 120 mph and they turned out to be 250 mph, unlike anything ever before seen in history!

We’re on the edge of bigger change than ever before experienced by anyone on this planet in this lifetime. There are no historical records that even begin to describe these potentialities. There is no “standard operating position” for responding to what is bearing down on us within clear sight.

So, how do you anticipate what has never happened before? That brings us to this wonderful book. When Kiara Windrider asked me if I would write a bit for this book, I jumped at the opportunity because this book represents one of the best tools I have found for laying the personal groundwork to engage in the extraordinary experience that is about to consume us all.

One of the things that I’ve learned about considering alternative futures is that you must find resources that know more about the context than you do if you are to build a broad, rich, reasonable base from which to allow stories of alternative futures to emerge.

Otherwise, you're just talking to yourself. In this case there are two. Firstly, we're into space that is best described by scientists – unconventional thinkers – who are starting to get a grasp of the early indicators that describe extraordinary, cyclical activities in this galaxy and on our planet. The signals are there to be deciphered that start to tell a story unlike any that we have heard before. Scientific insights provide the warp of the tapestry of this emerging future.

One also needs an entering argument that this universe is very sentient, extraordinarily intelligent, basically loving, clearly directed, and essentially personal. Unless you believe that it is all random (if you do, you've picked up the wrong book), then there must be a purpose to this human experience – there is a direction where this all is going. Almost by definition, the ins and outs of something as multidimensional and complex as this is beyond the ken of most humans – at least, humans like me. So, personally, in order to start to make sense out of something that has never happened before, one needs to carefully begin looking outside of the human box to some of those entities who, more than we do, appear to be running (or influencing) this show. Maybe they're just observing – but at least they have a much broader perspective than we do. That is the woof of this future fabric: unconventional, spiritual sources that seem ready to help with information that is otherwise inaccessible to most of us.

If understanding this transition has been one of your passions for some time now, then you know that bundles of books and other resources are out there, each with a different (and sometimes conflicting) notion about what is going on. Almost all are unidimensional – they come at the issue from a single perspective. Most things in life are multidimensional – they're more complex – and that's where this volume shines. You hold in your hand a very readable systems analysis – and a rather comprehensive one, at that – of a perspective and story about the biggest event in recorded human

history. This is a primer, an unparalleled conceptual framework that you can give to anyone who is interested in the big transition.

Fly with this book. Let it take you to high altitudes from which you can look down and see the big picture – the benevolent design – of this amazing experience we are all blessed to be a part of. Let it be a catalyst that opens up a new, empowering perspective and gives you a story of our future that you can comfortably hang your hat on... and a reason for overwhelming hope.

John L. Petersen is a futurist and strategist and founder of The Arlington Institute. He also is the publisher and editor of FUTUREdition, a free e-newsletter about the emerging future, and the author of *A Vision for 2012: Planning for Extraordinary Change*.

INTRODUCTION

For long eons we have struggled with ourselves and the world, creating veils to foster our separateness, constructing belief systems to hide our ignorance, creating enemies to disguise our inner conflicts, chasing from one experience to another to cover up our inner emptiness, unaware that the same masks that hide our deepest pain also hide our greatest potential.

It seems clear to me that if something does not radically change on our planet soon, we are doomed to go the way of the dinosaurs. Whether we go out with a big bang in some sort of cataclysmic event, or go out with a whimper slowly suffocating in our own wastes, may not then make much of a difference.

Could there be some changes coming? What would these look like? Is it possible to let go of our illusions without really understanding our potentials?

“Man is a transitional species,” said the great mystic and revolutionary Sri Aurobindo, “and our highest destiny is still to come.”

Many calendar systems, including the Mayan and Vedic calendars, chart the transition from a reality based on linear time to a reality based on multi-dimensional consciousness. Meanwhile, modern biologists wonder about the possibilities for accessing the unused 97% of our DNA codes. And physicists are commenting on the vast amounts of cosmic ray and gamma rays entering our solar system, capable of transforming the heart of matter itself.

Is it possible that a vast evolutionary program is unfolding in the midst of human history? Just as the butterfly emerges naturally from a slumbering caterpillar in the course of time, is it possible that we could be likewise emerging into a new biological species, with

capacities and capabilities far beyond what we can even begin to imagine today? Evolution seems to unfold gradually over a long period of time, followed by sharp and sudden changes in genetic patterns. The journey into what many are referring to as the golden age or aquarian age may not be as long or difficult as we may imagine. We have been preparing for long eons for such a change. Is it possible that we may see this happen within the next generation or two?

Astrophysicist Paul LaViolette speaks of a galactic superwave periodically emanating from the center of our galaxy and moving rapidly through regions of space. This superwave brings with it a new range of cosmic frequencies capable of generating huge shifts in consciousness, shifts in the consciousness of matter itself. Is this what mystics and indigenous people in every age and culture have been looking toward? I have come to believe that what we have referred to as enlightenment in various spiritual traditions is an act of biological transformation within the consciousness of matter. It is not a spiritual event so much as a biological event. It often happens spontaneously for people who have no spiritual background and who are not even looking for it. If this is so, then is it possible that as we go through changes in the consciousness of matter on a collective level, that a wave of enlightenment would follow?

Sri Aurobindo and his spiritual partner, known simply as the Mother, believed that this would be the case. A hundred years ago, they spoke of the supramental transformation that would be occurring on Earth, and emphasized the necessity of experiencing this first in our own bodies. They spoke of waves of cosmic light that would move through human consciousness, preparing us for this great shift.

These waves are coming in now. Many systems are emerging all over the world with the intention of harnessing these waves and using them for inner transformation. My sense is that we are close to

a critical mass, at which point the 97% of our DNA that has been lying dormant will get turned on, hundredth monkey style. We can then harness the incoming cosmic energies and anchor them in the physical body, leading to what some might refer to as ascension, merging our physical bodies with our light bodies.

There is so much latent in the genetic structure of our physical bodies. I would imagine that a caterpillar has no idea that it will go into a cocoon one day and emerge as a butterfly. We imagine that the limitations that we experience within space and time, limitations of disease, aging, and death, are real. And as we believe, within the confines of the linear mind, so it is.

Yet as we connect increasingly to our multi-dimensional consciousness, we are fast entering into a period of history when divine and human are no longer separate, where the body becomes a clear vehicle for spirit, where we can create heaven right here on earth. Perhaps this is what the vision of the Mayan calendar, with all its emphasis on galactic cycles, is really about. Perhaps it is what Sri Aurobindo and the Mother dreamed of when they saw waves of supramental light pouring through human consciousness. It is the vision that is imprinted within the biological codes of our own cells, the vision that has been driving us through all these long eons to fulfill our destiny as a new species! It is why we are born, it is what drives us to remember. It is the dream we have dreamed as divine creators, gently awakening now from our ancient slumber.

PART I—COSMIC PERSPECTIVES

“Where God and nature and mankind meet
There I journey with tired feet
To create a world as best I can
Where man lives with nature and God lives with man”

— first part of a childhood poem, age 8 or 9

CHAPTER 1 – WAKING UP TO A NEW CENTURY

I will never forget the dawning of this century. It wasn't because of the failed Y2K and doomsday scenarios, which, happily, are better forgotten. Neither was it simply the amazing fireworks displays synchronized around the world on televisions that weren't supposed to work. It was because of an event that took place that night which showed me beyond doubt that we live in a multidimensional universe.

At the time, I had been living in Mt. Shasta, California, a magical mountain world where the veils between the realms are thin. It was early on New Year's Eve. I was on my way to pick up my friend Elisabeth from the nearest airport in Redding — an hour's journey down a gently winding mountain road.

There was a major storm happening. What started off as snow gradually turned into slushy rain as I made my way down the mountain. Visibility was poor. I was tense, not only because of the weather, and not only because I was late, but also because I couldn't help but wonder, in some nagging part of my mind, whether the "Y2K bug" would somehow scramble the foundations of our existing civilization. What might that mean for all of us?

I had filled up the gas tank, and had some warm blankets in the back, just in case....

I was not very focused, and going a little too fast, when I came to a sharp turn around a bridge. The car hydroplaned and I lost control of the steering. I saw myself sliding fast, heading directly towards the edge of the bridge. And then I felt and heard the inevitable explosion of glass shattering and metal rending as I smashed violently against the railing.

Although everything was happening much too quickly, some part

of my consciousness was experiencing all of it very intently in slow motion. I felt detached from my body, like I was watching it all happen rather than participating directly. Interestingly, in this state of heightened awareness, there was absolutely no fear, just a curiosity and a knowing that whatever happened, everything was okay.

I can barely explain what happened next. I had seen, heard, and felt myself slam against the edge in that cataclysmic moment of impact. Simultaneously, in that very same moment, I observed with the same curiosity and detachment that the car had come to a stop in a little cul-de-sac on the side of the road, safe from oncoming traffic.

I climbed out to examine the car and there was not a single scratch anywhere. I climbed back in and remained sitting for a long time, shocked, relieved, and stupefied all at once. My body finally started to shake as my mind returned.

What had happened?

Somehow, I realized, I had traveled between worlds, and somewhere I seemed to have made a choice. Inexplicable as it may seem, both events were equally real, and some part of me that was outside and beyond the normal passage of linear time had made a decision to remain on Earth during this time.

Later, as I started drifting back into my “normal” state of consciousness, the “other” experience began to take on a dreamlike quality. I found that once I was back in my thinking mind, the cognitive dissonance was too great, and I was forced to choose one reality over the other. From the perspective of the thinking mind, either my body was smashed to pieces in a horrendous car crash or I was safe, alive, and unhurt. The two realities could not co-exist.

Still, for a brief moment I had entered into a mysterious dimension of reality which I could not explain through the laws of classical physics. It was a powerful initiation into the hidden mysteries of time.

This experience seemed a fitting metaphor for our collective

journey. We are winding down a path of destiny into a new century. Scientists, mystics, and ancient prophecies alike warn us that we are close to the edge of cataclysmic destruction. We are also told that we are entering the birth canal of a wondrous new creation. What awaits us in these times of simultaneous hope and despair, and how do we choose?

CHAPTER 2 – MESSAGE FROM THE FUTURE

Earlier, in August of that same year, a solar eclipse had taken place. Astrologers considered this eclipse particularly significant because it represented a grand cross in fixed signs, signifying entry into a period of global crisis, requiring a deep integration of conflicting or mutually exclusive energies. As we looked towards the new millennium, many of us wondered to what extent humanity as a species would be able to make the enormous evolutionary shifts required of us without experiencing the cataclysmic Earth Changes that had been so widely predicted.

Seeking answers, I went on a vision quest up into the alpine meadows of Mt. Shasta. It was a beautiful time of year, with endless varieties of wild flowers lushly carpeting vast fields of melting snow.

I entered into a period of deep silence. As the days went by, I found myself penetrating beyond the veils imposed by the thinking mind. One morning I woke up feeling a strong presence overshadowing me. It was gentle yet powerful, and felt very, very vast. It urged me to write.

The words rushed out on paper. The Presence identified itself as Windrider, an “ascended master and time traveler” who had “folded through dimensions” from a future point in time to contact me in this moment.

He referred to the fact that we were approaching a great Shift of the Ages, and that there were two streams of probability that stretched out before us as a species.

He spoke first about the nature of time, that it is a function of frequency. Just as there are several notes occupying the same space in a musical chord, there are several tones that we call dimensions occupying the same universe. Each dimension has its own

vibrational frequency, its own density, and its own distinct laws of time.

Therefore, he said, a being from a higher dimension of the universe experiences time very differently and much more comprehensively than we do. Our own consciousness was focalized in a third-dimensional reality where time was experienced as linear — flowing in one direction only from a hazy past into an indeterminate future through a miniscule point of awareness that we call the present.

Higher-dimensional beings occupy the same “space” but with different coordinates of time, or the same “time” but with different coordinates of space. In other words, they hold a multidimensional perspective relative to our own perceptions of space and time in which past, present, and future are all rolled up together into a completely different mode of experience that he referred to as now time.

“In the higher frequencies of density,” he continued, “your sense of now time is greatly expanded, collapsing the partitions between past and future and allowing you a much greater experience of the present, and therefore of presence.

“Shamans, mystics, prophets, and meditators through the ages have learned to collapse these partitions and travel to other dimensions, only to return again to what you call the ‘real’ world. Some, like the Aborigines of Australia, were fluid enough that they knew how to live between the worlds — what they called dreamtime — as their primary reality. In traveling between the worlds, all these early travelers were able to intuit visions of future events as well as access the past through akashic libraries.”

He went on to outline a Great Shift that would take place in our future, a dimensional shift in which our bodies and consciousness would undergo a profound change, enabling us to access multidimensional realities if we so chose. This is what it means to be

an ascended master, and this is the state that many individuals will choose to embody after the Shift.

In fact, he said surprisingly, the reason he was able to contact me at this point of time and space was because there was an affinity between us, and that, loosely speaking, he was a future aspect of myself from a time beyond the Shift. In the collapsing of partitions that was made possible during my vision quest, the distinction between worlds and dimensions was no longer as rigid.

Our language is not designed for sharing experiences outside of linear time. It is not so easy to describe how it felt to connect with this presence who was separate from myself, yet wasn't; someone who was from the future in linear time, but simultaneously existed in the multidimensional landscape of my own expanded present.

What was this Great Shift? Windrider continued speaking through the pages of my journal.

“You are at the threshold of an awesome collective event. You are witnessing a cosmic birthing, a Zero Point long foretold and long awaited not only by shamans and prophets on Earth but throughout the infinite galaxies. For reasons that will become clear to you, what is taking place on Earth now is creating a ripple effect through all Creation. A whole new cycle of evolution is beginning... an in-breath towards the Mind of God.”

Many of the things he said had been said before, and I had read enough books and talked with enough people that most of this information wasn't new to me. But this time the words were not merely information. They were a transmission that touched me on profoundly cellular levels.

Windrider then launched into the main theme of his message.

“Because of the unique nature of this particular Zero Point, Earth stands at the threshold of a cosmic moment of birth in which Creator and Creation become one. In other words, the veils between the worlds are about to disappear for a moment in time, or rather a

moment out of time, long enough for creator consciousness to slip into the hearts and minds of all beings embodied on Earth... it is as if all Creation holds its breath with the Creator, and is then forever after infused with the Spirit of God.

“The frequency of oscillation of any lifeform has to do with its connectedness with Spirit. In that moment of Infusion, the frequency of all beings on the planet will be raised in one extraordinary jolt of awakening. And because time and space also have to do with frequency, you will be suddenly catapulted into the fourth dimension as a collective event.”

By fourth dimension he meant a higher vibrational octave where our bodies were no longer so fixed in space and time, where we could begin to connect directly with the frequencies of our soul.

“While the collective transition to fifth dimension will yet take a while, some of you may find yourself going past the fourth into the fifth or even sixth-dimensional frequencies, activating the ascension process.”

The fifth and sixth dimensions involve states of consciousness where bodies of physical matter become increasingly harmonized with what some have referred to as the light body. The ascension process had to do with the unification of the physical body with the light body. Windrider emphasized that many individuals who had prepared themselves for this would be able to achieve this unification during and after this time of Shift, essentially becoming ascended masters and time travelers.

CHAPTER 3 – TWO STREAMS OF POSSIBILITY

But then came the warning. Although he saw from his perspective that this Shift would inevitably take place at some point in the collective future of present-day humanity, how this would happen was still up to us. The future is not fixed in its details, and multiple probabilities can exist simultaneously. Which probability we choose to experience as our reality is up to us.

“The Great Shift I have talked about is inevitable. It is a certainty in all the probable timelines of your future. What actually happens at this Zero Point, or Cosmic Birth, is still undetermined, however, and depends entirely on the collective consciousness latent in that moment.”

Windrider described two major streams of probability. The best-case scenario would be that, in the moment of shift, all beings on the planet, and Earth herself, would be translated into a vibrational frequency he referred to as fourth dimension. This would be the starting point for various groupings of souls to go on even further.

The alternate scenario would be a split between the worlds, where those who were prepared to move into fourth dimension and beyond would do so, passing through the corridors of a cosmic birth. Those not prepared for this would stay in the third dimension, subject to the laws and consequences of our current world condition. More likely than not, they would experience some rather cataclysmic events as the Earth underwent a process of balancing out.

The worst-case scenario, in which the entire planet would be destroyed in a great cataclysm, no longer exists, he further reported. This did seem a likely possibility up until a decade or so ago in our time, but our collective intent and efforts on the inner levels have helped to transcend this. “A great light is being carried on the Earth

right now. This is why we believe it is possible to shift out further from the second scenario of partial translation to the best-case scenario of a full translation into the fourth dimension and beyond.”

Christian, Muslim, and Jewish scriptures are replete with references to a day of judgment, where the “righteous” would be rewarded, and the “unrighteous” punished. This was the most hopeful scenario available at the time, and represents, according to Windrider, this second stream of probability. Jesus himself spoke of the rapture, of two men working in the fields, one of whom would be taken, the other left behind.

“There are also metaphors in this age that reflect the first scenario. The story of the hundredth monkey, which is an apt description of biological as well as spiritual evolution, is one example. Always it is true that when there is a sufficient number of beings envisioning and practicing a new paradigm, the law of grace is then invoked, and the rest of the monkeys, or humanity, as the case may be, are brought into entrainment.”

What needs to happen for mass consciousness to shift from the second stream of probability to the first stream of probability outlined above? Windrider emphasized that the second scenario is based on karma, while the first scenario is based on grace. The laws of grace operate on a higher octave than the laws of karma, but for this to be activated we need to understand and fully embrace our personal as well as collective shadows.

“When the master Jesus spoke of forgiving your enemy he spoke not of condoning their actions but of recognizing that each of us contains both shadow and light, and that forgiveness provides us with the opportunity to practice a divine alchemy, unifying shadow and light in the experience of Oneness. He said to love your neighbor as yourself for indeed you are the same.

“The test for awakened humanity is this,” concluded Windrider. “Can you extend the hand of forgiveness and love in this expanded

sense to your brothers and sisters in ignorance and darkness — a forgiveness that arises from true knowledge of your own self, a forgiveness that embraces yourself, your partner, your neighbor, your government, the power-mongers, the military-industrial complex, the illuminati, or whatever your own version of the “enemy” happens to be?

“When you do so, this activates the law of grace, ending polarized conflict and thereby opening the door to a full planetary awakening. It assures that in the in-breath of God to come, none get left behind. This is the best-case scenario, and one that I travel into your time to seed as a new possibility.”

CHAPTER 4 – MYSTERY OF SCHRODINGER’S CAT

The encounter with Windrider was enormously significant for me. Many years ago I read Richard Bach’s book *Running from Safety: An Adventure of the Spirit*. The story is based on an encounter with himself in the past. Like all of his books, I was inspired and fascinated, but had never known whether it was fictional or autobiographical.

Now it was becoming clear to me that we are multidimensional beings. Once free of the restrictions of the thinking mind, we have access to aspects of ourselves from both future and past, in the eternal vastness of our infinite creator consciousness. In fact, from this perspective, our experience of time itself is no longer the same.

Moreover, what we consider to be our “self” is no longer limited to a linear progression of a single soul from lifetime to lifetime, but expands further and further out to embrace the entire web of life through all creation in all timelines.

I decided shortly afterwards to adopt Windrider into my own name, in anticipation of what I was growing towards.

This encounter helped me to better understand my New Year’s Eve experience. In some way, it prepared me to enter a state of consciousness where I can experience two timelines at once. And perhaps it also provides us with some keys as we look ahead to the complex realities emerging among us today.

Quantum physicists are well aware of strange realities that seem to appear once we begin descending the rabbit hole of subatomic physics. There is a well known experiment known as Schrödinger’s Cat.

Light functions as both particles and waves. In experiments, when light is beamed towards a screen through a double-slit, it creates a

wave-like pattern on the other side. While light as a whole creates a predictable interference pattern, each individual photon, or particle of light, can only pass through one of the two slits.

Which slit will it choose? According to classical physics, there should be exactly a 50% probability of taking one pathway or the other.

Schrödinger used this principle to devise a thought experiment. Suppose we take a completely light-resistant box with two slits carved into it. Then we put a pellet of cyanide inside the box, just behind one of the slits. The pellet is designed so that if it is exposed to a photon of light it will release the cyanide.

Next we put a cat inside the box along with the cyanide and bombard it with a single photon of light. If it went through the slit with the cyanide pellet behind it, the pellet would release its poison and the cat would die. If it went through the other slit, the cat would live.

There is exactly a 50% probability that the cat is alive or dead. We don't know if it is alive or dead until we open the box to see. But what if we don't look? What if we don't engage our thinking mind? According to the laws of quantum physics, it is the observing consciousness that makes the choice real, and the cat is in a strange state of suspended animation, neither dead or alive, or both dead and alive, until the observer opens the box to check.

What if the same rules were applied not only to the world of subatomic particles but to the macroscopic world as well? What if multiple realities simultaneously co-exist in our daily experience of life — multiple futures, multiple pasts, and multiple dimensions of the present?

Is this the Dreamtime of the Australian Aborigines, or the world of the Nagual that Carlos Castaneda referred to? Is there a mechanism that we do not understand as yet whereby this dreamtime world can become our conscious experience, and whereby our conscious

intentions can shape the dreamtime worlds? Was my experience on the bridge on the eve of the new millennium one example of this? And what of the multitudes of mystical and shamanic experiences people have been having for thousands of years?

If it is the thinking mind that freezes multiple probabilities into one observable reality, are there levels of mind beyond the thinking mind that perceive things differently, which can in turn help to determine which one of these multiple probabilities we choose to download into our immediate experience?

In other words, do perceptions create reality? And what does this mean for us in these times of global crisis?

CHAPTER 5 – COSMIC EVOLUTION

Before exploring these questions, let us take a closer look at who we are and where we might be going from a metaphysical perspective. When seen rightly, the metaphysical is not opposed to the physical, and neither is better than the other. They are simply two lenses looking out towards the same reality.

Each step connects with every other step on our journey into forever. In the grand web of cosmic design, each strand is connected with every other, with no beginning and no end. Still, on the linear path of human consciousness there are steps along the way that can be marked. As we journey together, perchance you will find yourself breaking past the cage of linear reasoning into the place where all timelines meet, where all strands of consciousness weave into a single pulse of luminous light.

Humanity is on the threshold of a grand awakening. A cosmic fire inherent within the consciousness of all matter has been pushing us onward for eons, creating long cycles of evolution, moving through sequences of unity and separation, moving through waves of divine descent and human ascent. Born of the first movement of divine light, we have traveled far on the winds of space and time. We await now the moment of return, when all matter becomes illumined with the consciousness of light, and finds its true destiny in the web of creation.

This experiment is not new. There have always been the keepers of cosmic fire in the ancient traditions, a few who remembered where we came from, and remembered also how we could return back. Their mission was to preserve this sacred knowledge, and when the time was right, to create a pathway home. If you are reading this, you are likely part of the journey too, and it is time now

to remember this sacred mission.

Who are we really? This is a good place to begin. Are we bodies of matter, a product of Darwinian evolution emerging from an unnamed ape in some distant past, evolving into some kind of higher destiny as we journey towards the realm of Spirit? Or are we vehicles of Spirit, playfully creating bodies as we journey into matter, intent on awakening to our infinite being within the field of matter?

Are we spirit or matter? Our religions teach us one thing, our sciences teach us another. It's a simple question, but what if the question itself was flawed? Our minds are programmed to believe there is a single answer to such a question, that it's either one or the other. Perhaps this program itself is where our problem begins.

Imagine taking a journey into the moment of our origin. What might we encounter? There are so many versions of how life began, who or what God is, endless variations of why we got separated and of how we can return. Maybe we will never know which version of this story is true. Maybe it won't matter even if we do. We may go to a level of mind where these questions themselves begin to dissolve.

Imagine that there are multiple realities of form, all interlinked and co-existing simultaneously. As humans we experience mental and emotional states, biological realities and, occasionally, spiritual realities. We have a single means for experiencing all these realities, and that is through the medium of what we call the mind.

What is this mind? What if there were not one layer of mind, but many, and it is in these subtle levels of the mind that we experience our identity with God, and as God! We are often taught that our attachment to mind is the cause of all suffering. This may be true. Yet we are only talking about one layer of the mind here, the rational mind, the mind that is caught up in linear time and three-dimensional space. How do we move past this rational mind to experience other subtler layers of reality?

Is it possible that just as there are subtle layers of the body beyond the physical body so there are also subtle layers of mind beyond the rational mind? Is it within these layers of the mind that we can begin to connect with the corresponding layers of the body, ultimately connecting with a quantum level of physical reality that is at once well beyond material reality as we know it?

Is it possible that as we connect with the subtler layers of mind and body we then begin to connect with the divinity latent within our humanity? Is this who we are in potential—divine human beings within whose consciousness the veil between spirit and matter has dissolved into oneness? There are many stories of the ascended masters — human beings who have learned to merge their physical bodies into divine light, and in doing so, transcended limitations of matter, space, and time. Known and unknown, many of these beings still live in earthly dimensions. They invisibly work with the collective morphogenetic field of humanity and await a time when we can all awaken together.

And if this is possible, then how do we achieve it? I feel there is a divine evolutionary impulse actively working behind all the long cycles of human and earth evolution. This evolutionary impulse works not only in stages of gradual unfolding but also in quantum leaps of sudden awakening. This impulse acts not only upon us from forces outside of us in the cosmic field but also from within us. I presume there is an evolutionary timetable encoded within the patterns of our genes which has been gradually unfolding over long eons, a pattern that has been accelerating towards a point wherein a quantum leap of evolutionary consciousness can now happen.

CHAPTER 6 – ENLIGHTENMENT DEMYSTIFIED

Many people equate this evolutionary journey of the human species with enlightenment, and I feel it is important at this stage to distinguish between the two. Enlightenment is a state of consciousness in which we are no longer identified with the personal ego. It is a freedom from the restrictions imposed by our conditioned mind. However, the evolutionary journey I am referring to is a collective event, a genetic transformation of the human species. It is a process of planetary evolution initiated by external galactic factors.

Given this distinction, it may be useful here to define enlightenment, and what it means in the context of our evolutionary journey. Though one of the most mystifying of spiritual concepts, it is important to understand clearly what it means, and also what it does not mean.

Enlightenment is not so much about becoming superhuman, turning into light, manifesting spiritual powers, or transcending the murkiness of daily life and emotions. It is not about cosmic bliss, instant clairvoyant abilities, or escaping from human responsibilities. It is not about losing the mind, or even somehow changing the nature of the mind.

There are many layers of the mind relating to many layers of consciousness, as I discuss in detail later in this book. In our current state of development, we are conditioned to perceive reality through just one of these layers, the thinking mind. The thinking mind has an essential role to play in our journey of embodiment, but somehow we have become conditioned to believe that this is all there is.

The thinking mind perceives reality through its ability to compare and analyze information. It clothes itself with a set of subconscious beliefs and emotions, which we all inherit from a collective web of

human conditioning. It is based on memory, and creates a sense of self based on a sequence of events in linear time. We refer to this sense of self as the ego. Our ego-based personality sees itself as a fixed identity starting with birth and ending at death.

The thinking mind helps us to think and to survive. It is not designed for the perception of subtler realities that are the domain of the soul. It is only one aspect of who we are as a multidimensional entity. However, due to the vibrational density of our body-mind organism, this is the aspect of our being to which we tend to affix our identities. Enlightenment breaks through the layers of subconscious conditioning that keep us fixed in the thinking mind in order to then reconnect to our multidimensional presence.

As we become aware of attachments and addictions based on the thinking mind, we seek to come out of our suffering. For many spiritual seekers, this involves endless seeking, constant self-analysis, fleeting triumphs, and inevitable failures. This is all part of our human condition. Our incessant needs for comparing, analyzing, justifying, and judging ourselves are all within the natural domain of the thinking mind.

Ironically, even our identity as a spiritual seeker is sourced in the duality of the thinking mind, which is forever attempting to create expectations and judgments based on good and bad, right and wrong, spiritual or unspiritual. We think we are somehow flawed and therefore engage in a quest to change ourselves. We discover it is impossible to change the nature of our mind, and end up suffocating in guilt and shame.

Our identification with the thinking mind will dissolve the instant our vibrational frequency lifts out from our attachment to third-dimensional realities. This lifting out is part of our evolutionary journey, our divine destiny. But it cannot happen by trying to make it happen. The simple truth is that, however hard we try, enlightenment is not something that can be achieved. All of our trying, all of our

efforts, only arise from that aspect of ourselves which is identified with the thinking mind. This is the same thinking mind from which we try so desperately to disengage.

Enlightenment is the recognition that we are not this web of conditioning inhabiting the body-mind organism that we think we are. Enlightenment transcends the duality inherent within the personal ego, leading us to understand that things are simply what they are, without craving for something that seems desirable or pleasant and without resisting what we consider painful or unpleasant.

Enlightenment is accepting the reality of things as they are simply because our identity is no longer attached to the mechanisms of comparison and judgment inherent within the thinking mind. Freed of the web of conditioning, it is the ability to express ourselves spontaneously in each moment, living from our authentic self rather than from conditioned responses. Freed of the burdens of the past and expectations of the future, it is the ability to engage with life fully in present time. Freed of our identification with the thinking mind, or personal ego, it is the ability to incarnate through these body-mind organisms as spontaneous expressions of divine consciousness, or soul.

The question inevitably comes up, “Okay, all this is fine, but what do I DO to get enlightened?” We must understand that our personal ego is based in doing, and the thinking mind cannot stop the thinking mind. Once we truly understand this, paradoxically, we can then cease our efforts, accept our failure and pain, embrace our inconsistencies and shadows, relax in the truth of what already is, and make peace with the universe. As we do so, we realize that in the very act of letting go we have already found what we have long been looking for.

A couple of years before he died, I attended a satsang with Ramesh Balsekar in Bombay. A close disciple of Nisargadatta

Maharaj, Ramesh is considered an enlightened master in his own right. I had been recently engaged in researching the possibility of simultaneous multiple realities in an evolutionary context, and without preamble, I asked him to please expound on the nature of consciousness, time, and parallel realities.

I cringed as soon as I finished asking the question, realizing how irrelevant it was in this context. As an Advaita teacher he was about to rip this questioner to shreds. “Why is that question so important to Kiara,” he queried. “How is the mere accumulation of knowledge going to make Kiara happy?”

“Our basic problem is the identification with ourselves as the doer,” he went on to say. “As long as we are identified with the doer, we think we have choices in life, chasing pleasures, avoiding pain. We think we are making wrong choices and feel guilty. Or we make choices because we are afraid to live out our own truth. But every action we take is simply a result of our current conditioning and our genetic inheritance. They are all choices based in fear. Do we really have free will?”

“We are free only when we no longer identify with the doer,” he continued. “Then we become a doing, and life becomes a happening. No longer identified with the doer, we no longer live in fear of making the wrong choices, or that somehow the universe can do us harm. We release our guilts and our fears, and engage spontaneously with life in the present moment.

“To be enlightened is to accept the divine flow as it moves through us without identifying with a personal doer. To be enlightened is to no longer live in fear. To be enlightened is to recognize that there is nothing and no one to blame for anything we might encounter in life, since everything that happens is part of God’s will, divine destiny, and cosmic plan.

“The problem is not with the ego,” he emphasized. “We are all subject to the subconscious influences of the personal ego, the

psychopath as well as the sage. The difference is, in the case of the enlightened sage, the sense of personal doership has been uprooted.

“If we are not the doer how can there be karma? Karma is only real for us if we are identified with the physical form, trapped in a world of duality, subject to the wheel of responsibility and consequences. Once beyond this limited identification, we are free to manifest the full power of our divine destiny.

“Once we recognize that we are not the doer, everything changes. Our identity shifts to someplace beyond, we recognize that everything is governed through cosmic law, and therefore there is nothing to resist, nothing to fear. The doer becomes one with the doing, and our destiny unfolds each moment in a spontaneous flow of life.

“A personal entity and enlightenment cannot go together,” he concluded. “There is no ‘me’ or ‘you’ to seek enlightenment. Indeed, there is no such thing as enlightenment, and to truly grasp this is itself enlightenment!”

Thus, the essence of enlightenment is to understand that I am not the doer. I am simply a vehicle for doing to happen. If I am not the doer, then who remains to feel guilty, fearful, or judgmental about anything life has to offer? Our memories of the past, our hopes and fears for the future, all arise from our identity as the doer. Life is meant to be lived in the eternal moment of spontaneous doing birthed in our identity as multidimensional consciousness. We become trapped in a world of time, however, once we identify with ourselves as a doer.

We are simply a witness to divinity passing through us, creating itself in each moment fresh from an infinitely creative source, according to its own wisdom and its own timing. As we practice shifting our identity from the doer to spontaneous doing, from ego to soul, we realize that it is ALL divine will. This is a perspective that our limited body-mind organism cannot easily grasp. Enlightenment

is simply the realization that this has always been true with no resistance to the perfection of what already is!

Ultimately, from this perspective, we realize there is nothing we can do to silence the ego, drop the mind, or gain our enlightenment, because all these attempts to change ourselves come from resisting the perfection of what already is. There is nothing the caterpillar needs to do in order to become a butterfly. All we can do is simply to love and understand the perfection of our place within the whole, exactly the way it is. As soon as we acknowledge this the curtain lifts. We realize that we are not so much the actor on the stage of life, but life's own desire to express itself in each moment of existence.

CHAPTER 7 – ALTERNATE VIEWS OF TIME

Over the years I have noticed that my quest for personal enlightenment no longer drives me like it used to. Perhaps I have come to recognize that this is a lifelong process rather than some ultimate event. Perhaps I am no longer quite so identified with the personal self. Perhaps I have learned to be a little kinder towards myself and others, more allowing of shadows and imperfections, and more spontaneously willing to engage the flow of life arising from someplace bigger than the third-dimensional realities perceived by the thinking mind.

What I feel motivating my life instead is a deep passion for a shared planetary awakening, for understanding the timing and mechanism behind this mystical birthing process, and for joining with others in co-creating new worlds in space and time. We are at a pivotal point in human history, and none of us can move forward unless we do it all together.

So where do we go from here? How do we better understand and participate in this process of birthing?

One clue to our evolutionary process may be found within the ancient calendar systems of earlier civilizations. There are Egyptian, Aztec, Hopi, Inka, Cherokee, Hindu, Chinese, Tibetan and various other calendar systems that all share certain common perceptions of evolutionary history and time cycles, although they also differ widely in their details.

The much publicized Mayan calendar is actually the last remnant of a much older calendar system that goes back to the beginning of time as we understand it, and also pin-points the end of time as we currently experience it. It is not so much a historical calendar as an interface between linear time and what we might call multi-

dimensional or galactic time. As such, it can be interpreted as a map of our evolutionary impulse from linear history into multi-dimensional consciousness.

Consciousness is inseparably linked with our reckoning of time. The ancient Mayans, in attuning their sense of time to a galactic rather than solar calendar, were able to attune themselves likewise to a multi-dimensional rather than linear consciousness.

What does this mean for us today? Our civilization has become increasingly bogged down in a linear framework of time which increasingly separates us from the awareness of multiple, interconnected realities. Linear time functions in one direction only, leading from a fixed past through an ephemeral present into an indeterminate future. We experience ourselves as a biological clock ticking away the moments between birth and death. We experience history likewise as a linear progression of events in a single dimension of reality.

Galactic time, however, orients us to an expanded world of simultaneous realities each linked together in a quantum field of infinite possibilities. This view of time opens us up to experience a cosmic consciousness where we become simultaneously aware of multiple dimensions of being, all extending out and inseparable from our divine Self. We are no longer an ego-based personality trying desperate to connect with our souls to give meaning to our puny existence, but rather the vast landscape of divine soul simultaneously experiencing ourselves within time and space in bodies of matter.

Please realize that we are not just talking about a calendar system but of the nature of consciousness itself. Perhaps as we begin to truly experience galactic time we will discover ourselves to be galactic beings, no longer subject to the limitations of linear timelines that have imprisoned for so long in disconnected boxes of colorless perception.

Our experience of time is determined by our level of

consciousness. Linear time is associated with a perception of reality that is primarily mental. Galactic time however, has to do with higher levels of the mind, which offer multi-dimensional perceptions of reality, multiple time-lines.

As long as our sense of reality is determined by linear time our choices are limited. We become passive observers in world events that often seem chaotic and overwhelming. IF this is our only window into reality it becomes very easy to fall into a black hole of powerlessness, hopelessness and despair when confronted with the insecurities and chaos all around us.

As we begin to connect with galactic time, however, we recognize that we are creators of reality to a degree we can hardly begin to imagine. As quantum physics is beginning to understand, our experience of reality is totally reflected in our beliefs about reality, and external realities can change instantly in response to an expansion of perceptions.

This is a science we are just beginning to understand. Physicist Michio Kaku, in his books, *Physics of the Impossible*, and *Physics of the Future*, lays a groundwork for the possibility that multiple timelines do co-exist in consciousness, and that we can choose to make real whichever timeline we focus on.

Could it be that we have already averted many potential catastrophes by the power of our unified consciousness? And could we literally create a paradise on earth based on our understanding of these higher principles? Are we approaching a long awaited moment when Creator consciousness slips through the veils of Creation, when we begin our journey into multi-dimensional consciousness, when the partition between the worlds begins to dissolve?

This is a vision that inspires me, and so many others, during these turbulent times.

PART II – PHYSICAL REALITIES

Where is the thicket? Gone. Where is the eagle? Gone.

The end of living and the beginning of survival ...

– Chief Seattle of the Squamish, 1854

A human being is a part of a whole, called by us 'Universe', a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest

– a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

– Albert Einstein

CHAPTER 8 – EARTH CHANGES AHEAD

There is a lot of discussion lately about Earth Changes, usually defined as dramatic climatic and geological events such as earthquakes, volcanoes, hurricanes, droughts, and flooding. Some refer to events of even greater catastrophic magnitude such as magnetic reversals, super-volcanoes, crustal displacement, meteor impacts, and pole shifts.

What do we do with all of this? Some of it may be disinformation, deliberate attempts to mislead or terrorize people. Some of it, written or channeled with the best of intentions, still carries elements of our own subconscious fears. Much of it, however, is carefully researched information derived from seismologists, climatologists, astrophysicists, cosmologists, geologists, ancient record-keepers, and contemporary seers and mystics.

In this section I would like to examine this information through the eyes of science, based on experimental observations of the physical world. Much of this research may seem somewhat frightening and grim. If you have come this far, please don't stop here. I will attempt to show in later sections of this book that these same expressions of gloom can be the prelude for an incredible vision of renewal and hope.

It is important to be discerning, for, yes, there is a lot of misinformation out there. However, we are seeing tremendous changes on the Earth today, with more in upcoming years, and I feel we also need to be aware. Awareness of changes is not the same as going into fear. We need to acknowledge that we are already in a time of dramatic Earth changes, much of which goes unreported in the mass media.

Many of these Earth changes are caused by human willfulness and

interference. We have created a nightmare of environmental destruction, slaughter, and pollution in the name of economic growth and human progress. What we are likely to see in the near future, as a result of disharmonic patterns we are creating today, is terrifying. In a few more decades conditions on Earth could become unfit for most every form of life.

We cannot heal until we are willing to find the causes and extent of our injuries. Mother Earth is deeply hurt. We cannot ignore this. She is a highly evolved living entity. She is attempting to heal herself by correcting some of these unbalances. Some of this healing will involve Earth changes.

Once we understand this, and if there is enough conscious intent, healing can happen. This is the power and potential of the divinely inspired human spirit. But where is our power if we are asleep or in denial? Where is our power if we are still governed by fear?

We need not go into fear. If we look at Earth changes from an evolutionary perspective, what we see is much bigger than the Earth simply trying to find a way to heal herself. Supported by cosmic beings and a vast galactic network that includes our own higher-dimensional selves, she is involved in birthing an entirely new reality, more expansive than any of us realize.

Our minds are too conditioned by the past to conceive a passage of this magnitude. I see a transformation taking place that is unprecedented in the history of our planet, involving not only our own planet but our entire Solar System, galaxy, and beyond.

The conclusions derived here are confirmed by scientists and mystics of the first order. This gives me hope. And more than hope, it gives me perspective. It is not an ostrich perspective from underneath the sand but a systems perspective that is bigger than our individual living selves.

From this perspective I see that the Earth changes to come are not something to fear. These are simply the necessary adjustments we

need to make so we can move forward in trust as spiritual beings inflamed with a planetary vision, moving forward beyond the nightmares of our misqualified creations into a divinely inspired heaven on earth.

I understand that all of us are conditioned by an instinct to survive, and this instinct makes us recoil when we hear of Earth changes, suffering, turmoil, and destruction. Many of us on a spiritual path have also been conditioned by another instinct, an instinct that refuses to acknowledge destruction as an aspect of transformation, or death as an aspect of rebirth.

This is ironic when we consider the teachings of Christ, Krishna, Lao-Tsu, or any of the great initiates who have graced the Earth. It is especially ironic knowing that our civilization has learned to peddle the dark side of death to the extent that governments can get away with every kind of murder and justify it in the name of protecting our “way of life.”

What does being on a spiritual path truly demand of us? Do we understand the long-term process of change? As greater frequencies of light enter our planetary fields, whatever darkness needs to be cleared is illuminated. We are moving through the tunnel of planetary birth, and birth is sometimes painful. A true spiritual transformation is not a tame, sterilized process in which we can keep a dysfunctional way of life intact. Transformation demands that we ‘boldly go where no one has gone before.’ As romantic as this may sound on Star Trek, it is the hardest thing on Earth for any of us conditioned by attachments to the past.

Transformation requires opening our minds to new perceptions, our hearts to new sensitivities, and our souls to new possibilities. Human beings are so constructed that this does not happen unless we reach a crisis point. If there are Earth changes to come, it is only Mother Earth trying to shake us awake when every other means has failed.

We have every right to be fearful as we step into the future. Yet, let us not lose sight of what this planetary adventure is all about. If you have ever surfed a big wave, or skied a double diamond, or jumped off a waterfall in Hawaii, you know the knot of fear in your belly as you leap off the edge, only to dissolve into profound celebration of life as you move through that belly of fear to taste life beyond that edge. It is the same with us collectively as we step into the tunnel of planetary and cosmic birth.

CHAPTER 9 – MOTHER EARTH IS SICK

It is becoming increasingly difficult to deny that our planet is in trouble. Top scientists all over the world have been warning us for years that Earth and humanity are seriously endangered. We are all familiar with terms like greenhouse gases, ozone depletion, extinction of species, global warming, pole shifts, and more recently, global cooling. But what does all this really mean for human and planetary survival?

A patient must know they are sick before they are willing to look for a cure. My intention in the next few chapters is to very briefly spell out the nature and extent of our sickness, and the symptoms we are currently experiencing. Later we will focus on the cure.

To understand our dilemma rightly, we must first look at how we perceive the Earth. Do we see this planet as a dead hunk of matter that we can plunder, pollute, and exploit at will? Can we continue raping and pillaging without consequences? Are there limits to what the Earth can handle? What would happen if she decided to fight back for her own survival?

Indigenous people in every part of the world have always regarded the Earth as a living being, whom they refer to as Mother, or sometimes Grandmother. This high regard was a way of honoring this beautiful home planet, acknowledging that she was a sentient being, and affirming how deeply they felt nurtured, sustained, and protected by her. They also spoke about a delicate web that connected all life on Earth, and even beyond.

Pocahontas, the Walt Disney film based on historical characters, conveys the difference between indigenous attitudes towards nature and the ignorance and insensitivity of most European settlers in the New World.

As Pocahontas, daughter of a tribal chief, tells Captain John Smith:

“You think you own whatever land you land on. The Earth is just a dead thing you can claim. But I know every rock and tree and creature has a life, has a spirit, has a name... Have you ever heard the wolf cry to the blue corn moon, or asked the grinning bobcat why he grins? Can you sing with all the voices of the mountains? Can you paint with all the colors of the wind?”

In personifying Nature, Pocahontas came into relationship with Her. To the original inhabitants of North America, and all indigenous people around the world, this was a way of life. It was a perception of reality that shaped their experience of the world. They could not dream of taking from the Mother without giving back. They took only enough to sustain themselves. To live in harmony with the web of life was to walk the beauty way, and it was an integral part of their very existence on Earth.

“Man did not weave the web of life,” said Chief Seattle of the Squamish people 150 years ago. “He is merely a strand in it. Whatever he does to the web, he does to himself.”

Chief Seattle has become well known for his impassioned speech when he was asked to “sell” his land to the European settlers. Although there has been some recent debate about whether these were his exact words, the message still stands. “How can you buy or sell the sky, the warmth of the land?” he pleaded. “If we do not own the freshness of the air and the sparkle of the water, how can you buy them?”

All the memories and identity of his people were linked to the relationship they felt with this land. Was it so easy to give this up for beads and blankets?

He realized the inevitable truth, however, that his people had been broken by starvation and war, and that they were going to lose their ancestral homeland to the mad rush of European settlers who passed

themselves off as the legitimate government of a country that they had stolen.

Although he signed the treaty, Chief Seattle offered them the natural wisdom of his people. His speech is beautifully poetic and a haunting reminder of what most of us have forgotten. “This we know,” he concluded, “the Earth does not belong to man. Man belongs to the Earth. This we know. We are all connected, like the blood that unites one family.”

The few surviving indigenous people still understand this, and still speak out wherever their voices can be heard. In recent times this systems perspective has become popularized by British scientist Dr. James Lovelock, who demonstrated a scientific basis for the interconnected web of life, which he called the Gaia hypothesis. Lovelock refers to this living Earth as Gaia, named after the Greek goddess of the Earth.

He was able to put into scientific language what the indigenous people have been saying all along — that the Earth is a living super-organism, with intricate and interconnected feedback systems just like any other organism.

In his first book, *Gaia: A New Look at Life on Earth*, Lovelock outlines how Earth is a self-regulatory organism with dozens of negative feedback loops that keep our planet functioning within stable limits. Just like our bodies have feedback loops that govern our temperature, circulation, respiration, nervous and immune systems, so does the Earth.

For example, our bodies develop a fever when we get sick, which redirects the energy flows of the body, and fries up any invading viruses. Likewise, Gaia has her own feedback systems to help her recover when she gets sick or thrown out of balance.

Let us ask ourselves whether there is a tipping point beyond which she cannot recover, just as the human body cannot survive a fever for too long before it dies. Is global warming the outer symptom of a

planetary fever? How long do we have before we recover... or die?

In our senseless exploitation of the natural world, are we rapidly killing off the only home we have? As the title of his latest book, *The Revenge of Gaia*, may suggest, Lovelock himself is not so hopeful that we have either the will or the capacity to pull ourselves out of a rapidly descending spiral.

Have humans become an invading virus? Is Gaia readying herself to incinerate us?

CHAPTER 10 – ENDANGERED PLANET

I spent my high school years at an international school in the hills of South India. On weekends, a small group of us would often hike the breathtakingly beautiful surrounding forests. We would go for days without meeting another human being, and would often encounter herds of mountain goats, wild elephants, and bison. Occasionally, we'd even spot the evidence of tigers in the vicinity. The hills were covered with shola, indigenous jungle vines and vegetation. The streams sparkled with the magnificent shimmering of rainbow trout.

Little of it now remains. The last time I visited, the forests were gone, the streams were dry, and the beautiful mountain village of Kodaikanal had become choked with auto fumes, cheap tourist hotels, and mounds of empty plastic bottles. I have not been back for many years now because I wish to remember this mountain paradise the way it used to be.

What are we leaving behind for future generations? Will there even be future generations? Although there are millions of us who genuinely care, our species as a whole has become rather callous towards the fate of our planet. It may be that nothing short of a major crisis will be sufficient to reverse this trend.

Mimicking cancer cells, we have embarked on the accelerated suicidal course of destroying our own habitat. The forces of greed, ignorance, denial, alongside our belief in short-term profit at any cost, coupled with the politics of human survival, seem much too pervasive for us to willingly step towards change extensive enough to heal us.

I will cite a few statistics, putting them together in new ways so that we begin to realize how vital these issues are, how directly we

are impacted, and how little time we have left, if any, to turn things around.

Much of the material in the next few chapters, if you haven't heard it before, might cause you to spiral deeper into helplessness, guilt, or fear. That is not my purpose here. Although it is important to be aware of these things, guilt, fear, and helplessness only serve to immobilize us further. Please don't get stuck there. Eventually I will attempt to broaden our perspective to look at the evolutionary big picture, which might provide us with some clues and even some solutions, although not in the way we might expect.

In 1992, the Union of Concerned Scientists issued a warning. This included 1,700 scientists, including 99 Nobel laureates, from 69 countries around the world. They emphasized that we are on a collision course with nature, that human activities have inflicted harsh and irreversible damage towards the environment and critical resources, and that fundamental changes are urgently needed if we are to avoid this collision.

The report highlighted several areas of stress: our atmosphere is polluted, our ozone layer is depleted, industrial wastes returning as acid rain are killing our soils, lakes, rivers, oceans are likewise seriously polluted, increased levels of acid in the oceans from toxic chemical runoff is threatening the whole chain of life beginning with sensitive coral reefs and coastal ecosystems, fisheries are rapidly declining, and worldwide water shortages are becoming increasingly severe. Heavy erosion of topsoil as a result of negligent farming practices, as well as increased chemical toxicity from indiscriminate use of pesticides and fertilizers, are affecting productivity. Meanwhile, heavy deforestation of tropical and temperate forests is likely to dramatically alter weather patterns, contributing to global warming, droughts and flooding. It is estimated that most of the rainforests will be gone by 2100.

A third of all species now living will be lost forever by 2100, they

further predicted, unless drastic steps are immediately taken to prevent these trends.

The report went on to suggest what we would need to do to reverse the damage. This included moving away from fossil fuels, halting deforestation, conserving and recycling resources, stabilizing human population growth, and eliminating poverty.

Developed nations would need to take a lead in this reversal process. Success in this endeavor, these scientists emphasized, requires a great reduction in violence and war, with the resources that are devoted to the preparation and conduct of war diverted to meet these new challenges. They also emphasized that it was only if all the world community came together — including scientists, governments, business, industrial, and spiritual leaders — that this could become possible.

It has been almost twenty-five years now since the report was issued. Many similar warnings have been issued since by scientists of every caliber, as well as by indigenous people speaking directly for Mother Earth. These warnings have been for the most part ignored. Environmental conditions have continued to deteriorate exponentially, and, more than ever before, we spiral further along the path to planetary destruction.

Furthermore, we are no longer dealing with separate environmental issues such as pollution, topsoil depletion, desertification, deforestation, species extinction, toxic waste, electromagnetic smog, or holes in the ozone. We have come to a point where the combined effects of long-standing planetary imbalances are creating unprecedented repercussions that we could not have imagined.

The phenomenon known as global warming is one aspect of this. Two of the chief proponents for this theory are NASA scientist James Hansen, author of *Storms of My Grandchildren: The Truth About the Coming Climate Catastrophe and Our Last Chance to*

Save Humanity, and former vice-president Al Gore, author of *An Inconvenient Truth: The Planetary Emergency of Global Warming and What We Can Do About It*. Outlining the connection between global warming, green-house gases, and irreversible climate changes such as extreme weather, floods, droughts, hurricanes, and epidemics, they assert that we need to seriously address these issues as a global community before it is too late.

This theory has been challenged by many scientists who feel that global warming is a natural cycle and has nothing to do with human interference. They claim that much of this research is simply funded by those who would wish to impose a carbon tax on an unsuspecting populace, and that there is no clear evidence that global warming and greenhouse emissions are related. Indeed, some claim, there is strong evidence that we may be entering a cycle of global cooling instead.

The debate goes on. Unfortunately it has become a political issue, with fingers being pointed and endless squabbling about who is wrong or right. The truth is that both sides may be right. It is both manmade and natural. Global warming and global cooling are happening simultaneously. Summers are hotter; winters are cooler. The oceans are warming. The air is cooling.

These seemingly separate phenomena are all interlinked in the big picture, as I attempt to describe in the following chapters. We have a responsibility to the environment no matter what the outcome of the global warming debate may be, and we need to find a broad enough platform of truth on which all camps can come together.

In any case, as Gore asserts, this is not just about science, nor is it just a political issue; rather it is the greatest moral challenge our civilization has ever faced. Whether this is a manmade crisis or an evolutionary cycle, we are in the midst of a profound environmental and moral crisis.

In the past hundred years we've already wiped out a tenth of all species on Earth, and more species are becoming extinct at the rate

of one every hour. A full third of all known species could disappear by the middle of this century.

This is an extinction level comparable to what happened 67 million years ago when a huge meteor struck the Earth, causing a chain reaction of events that obliterated half of our planet, including the dinosaurs. This next extinction could well include our own fragile species. As Chief Seattle put it, "Contaminate your bed and you will one night suffocate in your own waste."

The report *Meeting the Ultimate Challenge* was put together in 2005 by a task force of senior politicians, business leaders, and academics around the world, intended as a guide for policy-makers in every country. In ten years or fewer, it indicates, global warming will have reached a point of no return.

The report even puts a figure on it, citing that a 2 degree Celsius increase over the average world temperatures prevailing in 1750 would irretrievably tip us over the edge, inducing widespread crop failures, water shortages, pestilence, death of forest and coral worlds, melting ice sheets, and switching off the Gulf Stream.

We have gone beyond the relatively benign and reversible problems we once faced. We are now being given a mere decade or even less before long-reaching, irreversible, and catastrophic climate and Earth changes begin.

The average world temperature has already risen by 0.8 degree Celsius over the pre-industrial baseline, and is continuing to rise exponentially. United Nations studies estimate that global temperatures will rise by anywhere from 1.4 to 5.8 degrees Celsius by 2100.

We only have a single degree Celsius to go, even just half a degree according to some, before a tipping point is reached. Unfortunately, for reasons described later in the book, this could happen much sooner than we think.

CHAPTER 11 – GLOBAL WARMING AND ICE AGES

What does global warming mean from the perspective of Gaia as a self-regulating super-organism? For most of human history, our species has evolved within a relatively narrow margin of tolerable temperatures. This has allowed for the proliferation and survival of our species. What would happen if the temperature of our planet suddenly increased or decreased beyond these limits? Indeed, since all species on Earth are woven together in an interdependent web of life, what would happen to the rest of planetary life?

I referred earlier to the current debate between those who believe that global warming is a man-made phenomenon and that we need to drastically reduce carbon dioxide emissions to curb this versus those who minimize the threat of global warming, bemoan the costs of cleaning up atmospheric pollution, and claim this has very little to do with human interference.

There are also debates raging whether global warming is indeed happening at all. While summers continue to register record high temperatures, winters are getting increasingly colder, which leads some to argue that we are in for a period of global freezing instead of global warming.

In the next few chapters we will be examining each of these possibilities in quite some detail, but for now let us look at some disturbing facts. However we may interpret them, these facts themselves remain uncontroversial, with potentially serious impact on our current civilization.

As we discussed earlier, the temperature on the surface of the Earth has warmed approximately 1 degree Celsius on the average since the Industrial Revolution began. At first sight this may not seem much. But considering the intricately linked ecosystem of Gaia, this is a

significant increase.

Imagine your own body thermostat no longer set at its normal temperature of 37 degrees Celsius. Anyone who has had a fever knows what it's like to feel weakened, foggy, and sick, alternating between irritation and lethargy, cold chills and hot flashes.

The Earth has a variety of negative feedback loops to keep her temperature stable at the optimum rate for the proliferation of life. Consider what would happen if this thermostat were to be forcibly jammed over a long period of time.

This 1degree rise in average global temperatures is enough to set a whole chain of events into motion. Consider just one of these feedback loops: Tropical oceans, being warmer, release more water to evaporate into the air, leaving them saltier. This moisture moves towards more temperate and polar climates where it precipitates as rain. This fresh water joins the sea, making it more diluted in these regions.

What oceanographers have discovered in the last twenty years is a vast underwater ocean current that is responsible for keeping temperate climates warm and tropical climates cool. Referred to as the Great Conveyer Belt, this vast undersea current is forty times the size of all our rivers combined. The motor that keeps this belt running is the salt gradient between different regions of the world's oceans.

Warm water rises and cold water sinks. Likewise, water containing greater concentrations of sea salt is relatively heavier than water with lower concentrations of sea salt.

Warm water from the equatorial regions moves along the surface of the ocean towards the northern Atlantic regions. As it moves it shares this warmth with the land masses it encounters, notably the western part of northern Europe and the eastern part of the North American continent.

As the warm ocean current moves north it gradually cools off. As it

cools off, it begins to sink. At some point south of Greenland, cold Arctic currents from the north join what is known as the Gulf Stream from the south, pushing this massive stream of water deep below the surface to begin its return journey south.

This Great Conveyor Belt is one of the feedback loops of Gaia, and has for thousands of years maintained the relatively stable and moderate temperatures in Northern Europe and the east coast of America. Siberia, which is on the same latitude as England, is much colder because it does not experience the benefit of this warming action of the Gulf Stream.

What is happening now to change this? As mentioned earlier, this great underwater conveyor belt is powered by the salt gradient. It depends on the higher concentrations of salt in the northern seas to drive the ocean currents down and south.

Ironically, one result of global warming is that it could send us right back to another Ice Age. What is the mechanism for this? Increased temperatures are leading to a rapid meltdown of polar ice caps. Large pieces of Arctic ice-caps are breaking off and floating south, while even larger pieces of the West Antarctic ice fields are simultaneously breaking off and floating north. As these freshwater icecaps melt, it decreases the salinity of the water in the polar regions, which in turn slows down the pump feeding the Great Conveyor Belt.

Increased precipitation of rain and snow, brought in from the evaporation of oceans in equatorial regions, also contributes to this drop in salinity.

Furthermore, it is not just the changes taking place in undersea ocean currents. So too the changes in atmospheric wind currents caused by warming in certain parts of the world significantly contribute to cooling in other parts of the world, and to flooding in others.

Investigative journalist George Monbiot, for instance, provides

strong evidence to show just how abnormal warming in certain parts of the world is directly linked with changes in atmospheric pressure gradients. Thus, the freezing winters experienced in much of Europe and North America over the past couple years seem to be a result of icy winds from Iceland replacing the milder winds from the Azores, a trend that is likely to continue in years to come.¹

All things are connected. Global warming and global freezing are both symptoms of the same planetary phenomena.

In the 1970s scientists from CLIMAP (Climate Long-Range Investigation, Mapping, and Prediction) were examining deep-sea cores going back 500,000 years. They were startled to find that in the last half million years ice ages had begun and ended abruptly. They were also amazed to discover that ice ages have come and gone on a regular basis, roughly every 11,500 years, which is much more frequent than anyone previously had realized.

Interestingly, they say that the last time we had an Ice Age on this planet was between 11,400 and 11,500 years ago.

The other thing the scientists realized is that the switch between a warm age and an ice age usually happens instantaneously, taking anywhere from a few months to a couple years. It is usually preceded by a few years of increasingly unpredictable and violent weather. It is also preceded by a period of global warming, usually caused by underwater vulcanism. We are currently well within the parameters necessary for the next ice age to begin. In fact, according to Robert W. Felix, we have already entered the first stages of a mini ice age, and a bigger one might be following close upon its heels.²

Felix warns, “The next ice age could begin any day. Next week, next month, next year... it’s not a question of if, only when. One day you’ll wake up — or you won’t wake up, rather — buried beneath nine stories of snow. It’s all part of a dependable, predictable cycle, a natural cycle that returns like clockwork every 11,500 years.”

In *The Survival of Civilization*, authors John D. Hamaker and Don

Weaver demonstrate how carbon dioxide build-up leads to rapid cooling of the globe, triggering accelerated change — from interglacial periods with relatively hospitable warm climates to major ice age conditions — with most of humanity’s crop-growing regions rendered extremely cold. Based on studies of pollen deposits, they conjecture that this transition from warm to cold conditions could happen in a matter of one or two decades. When they wrote their book thirty years ago they believed that the new ice age could be upon us by 2000.

Meanwhile, as Thom Hartmann says in his book *The Last Hours of Ancient Sunlight: Waking Up to Personal and Global Transformation*, the Great Conveyor Belt has been sputtering lately. It has already stopped and started a few times within the past ten decades. Once it shuts down completely, it is likely to remain shut down for anywhere between a few hundred years and a few thousand years, initiating a new Ice Age.

It is possible that the massive amounts of undersea oil leaked from the Gulf of Mexico spill has also significantly contributed to the slowing down of this Gulf Stream and the subsequent winter freezes.

Unfortunately, the closer we get to the tipping point, the faster we move into a descending spiral. As icecaps melt, less sunlight is reflected back, which in turn allows more heat to be retained. Similarly, once an ice age begins, temperatures drop rapidly, and more landmass is permanently covered with ice and snow, which reflects back the Sun’s light, lowering temperatures even further.

Much as we might like to blame our politicians and industrialists, greenhouse gases are not the only cause for global warming, and, therefore, for an imminent Ice Age. We humans certainly contribute to it, bringing us closer and closer to a dangerous tipping point, but there are other factors responsible for this as well, as evidenced by the regularity of previous ice ages. One of these factors is vulcanism.

CHAPTER 12 - VULCANISM

Volcanic activity is another feedback loop for keeping Gaia within a precise temperature range. As the Earth heats up, it triggers sensitive pressure zones in the magma and lower crust. This sets off volcanic eruptions. Ash from volcanic eruptions blasts into the atmosphere, darkening the sky, cutting off light from the Sun, and thereby cooling the Earth.

In the time of its first creation, Earth was a ball of superheated gases. As it cooled, the gas condensed to form fiery fields of lava within a layer known as the mantle. As the lava further condensed, it formed the crust of the Earth, the outer skin of Gaia. Over the course of millions of years, the crust of the Earth continued to expand due to centrifugal forces inside the Earth, while comets rained down from the sky bringing dirty ice, which ultimately formed into oceans of water.

Ultimately, recognizable landmasses and oceans were born, all the while changing according to the shifting of tectonic plates floating over fields of magma in the lower crust.

I watched a very interesting YouTube documentary presented by Neal Adams titled *The Earth is Growing*. Through animated computer simulations, Adams supports evidence earlier presented by Australian geologists Samuel Warren Carey and James Maxlow to show very convincingly that the Earth was originally a much smaller sphere with a single unbroken landmass.

As Earth expanded in diameter over millions of years, cracks and folds started appearing within this landmass, much like a pinecone cracking open when it matures. Water rushed into these cracks and became the oceans. Folds became mountains.

This activity of expansion also left enormous cavities within the

Earth, which, incidentally, tends to support what is known as the Hollow Earth Theory. This fascinating theory postulates that due to centrifugal forces volcanic activity is another feedback loop for most of the molten mass of the Earth was pushed towards the outer circumference as Earth cooled and expanded leaving an enormous empty space outside the fiery hot central core of the Earth.

Meanwhile, as we look at the surface of the Earth, it is interesting to compare the western coastline of Africa with the eastern coastline of South America, and realize that they were once connected. Adams demonstrates in his animated model that the same applied for the Pacific spread as well, except on a much larger scale. The continents did not separate by merely sliding apart from each other but rather by mutually expanding outwards from the inner core and mantle of the Earth!²

According to this theory, the oceans developed as the Earth expanded. The deepest ocean valleys are the youngest portions of the Earth's crust and are where the last cracks appeared on the expanding Earth.

Scientists tell us that there is a ring of fire underneath the ocean beds, circling the Pacific Ocean and including portions offshore from Japan, Indonesia, and Tasmania, then around near the west coast of South America and all the way up off the coasts of California and the Hawaiian Islands. A large chain of underwater volcanoes sits astride this ring of fire.

The ring of fire corresponds to the youngest regions of the Earth. It is related to this most recent burst of large-scale creative activity in the current incarnation of our planet, as Adams theorizes.

Scientists are now telling us that human interference with nature is not the only cause of global warming. The Earth is not simply heating up from the surface down, as would be the case if pollutants in the atmosphere were the main culprit. Rather, this planet is heating up from the core outwards. We will examine deeper reasons

for this in later chapters, but for now, let us focus on the relationship between the heating of Earth's core and the volcanic ring of fire.

Although they cannot tell us the exact mechanism, scientists speculate that there is a cyclical relationship between core activity within the Earth and volcanic activity. Volcanoes along the ring of fire draw their heat from the layers of magma beneath the crust, and are in turn directly affected by activity inside the core of the Earth.

Volcanoes are classified as extinct or dormant depending on how long ago they last erupted. All volcanoes are potential hotspots, however, and if the Earth's core warmed up enough we would see a significant increase of explosive potential in both classifications. Residents of Washington state well remember Mount St. Helens and the massive cloud of volcanic ash that was released into the atmosphere when she erupted. What if the effects of such an event were to be multiplied many times over in years to come?

According to seismologist Michael Mandeville, along with climatologists at the Russian National Academy of Sciences, overall volcanic activity has increased 500% within the past hundred years, and is increasing exponentially.

Just as earthquakes are classified on a logarithmic Richter scale from 1 to 12, volcanoes are classified on a logarithmic scale measuring 1 to 8 — a Volcanic Explosivity Index (VEI). VEI 8 volcanoes are referred to as super-volcanoes, and are thousands of times more powerful than regular volcanoes such as Mount St. Helens, which was a VEI 5.

Supervolcanoes are capable of plunging the Earth into a volcanic winter, causing massive disruption of human life and possibly large scale extinction of species. One such supervolcano erupted on the Mediterranean island of Santorini, close to present-day Crete, around 1500 BC. It was known as Thera in those days.

In that VEI 6 eruption, thirty cubic kilometers of volcanic ash

spewed across Turkey, Greece, and Egypt, causing the sudden, sharp decline of the Minoan and Egyptian civilizations. Research by biblical scholars such as Graham Phillips (Act of God) indicates that this was the historical event precipitating the well-known biblical story of Moses and the ten plagues.

Many such supervolcanoes exist, most of them underwater and most of them either bordering a tectonic plate or following the ring of fire. The best known among them, however, is situated directly in the middle of a continent.

Most Americans are familiar with Yellowstone National Park. What most people are less familiar with is that Yellowstone is one of the biggest super-volcanoes existing on Earth, with a caldera 20 or 50 kilometers long and 20 kilometers wide.

As Lawrence E. Joseph reports in his book *Apocalypse 2012: An Investigation Into Civilization's End*, the periodicity of the Yellowstone caldera seems to be between 600,000 and 700,000 years. The last major eruption was 640,000 years ago. He cites recent geological surveys revealing that this entire caldera has risen about three-quarter meters since 1922, is filling up with magma, and is getting ready to explode again. Soil temperatures in some parts of Yellowstone National Park reached 200 degrees Celsius in 2003. Sections of the park have been inexplicably closed off to the public. Although there is no way of knowing when the next eruption could take place, we do know that a growing number of scientists have been suggesting that the likelihood of volcanic eruptions is increasing exponentially with global warming.

If Yellowstone explodes, it would be in the range of a VEI 8. "It would be extremely devastating, on a scale we've probably never even thought about," says Robert Smith, a geologist at the University of Utah. Estimates of its explosive force range up to the equivalent of one thousand Hiroshima type atom bombs per second! It would be capable of plunging the entire western hemisphere of our planet into

a volcanic winter from which our current civilization would never recover.

Unlike other supervolcanoes, which reach down as much as 1,800 miles beneath the surface of the Earth to the boundary between the core and mantle, Yellowstone reaches a depth of only 125 miles. Rather than being fed by the heat at the molten core of the Earth, it feeds off of the vast reserves of uranium and other radioactive material underneath the Earth in that area.

We are talking not just about a volcanic winter here, but the potential of a nuclear volcanic winter.

We are aware of thirty or so large supervolcanoes around the world. There are likely many more. Most are underwater and, if they erupt, are capable of generating massive tidal waves. If we do hit a major peak in global warming, beyond what Gaia can handle, this could well be her way of cooling off.

CHAPTER 13 – SUNSPOTS AND COSMIC DUST

Life could not exist on Earth without the heat and light provided by our Sun. Yet these conditions have not always existed. What distinguishes Earth from many of the other planets in our Solar System is our ability to retain the heat of the Sun due to the gradual growth of an atmosphere.

Another essential ingredient for life on our planet is the existence of an electromagnetic field, which provides us with an orientation in space and time and acts as a protective barrier around the boundaries of the Earth. Without this magnetic shield we would be bombarded by meteorites and cosmic dust orbiting through the Solar System as well as from the fluctuations of solar activity known to us as solar flares and coronal mass ejections.

There are cycles that govern this solar activity. One such cycle that has generated significant interest in recent times is the eleven-year sunspot cycle. Based on a magnetic differential between the equatorial and polar regions of the Sun, the peaks of a sunspot cycle are related to corresponding increases in solar activity.

During the peak of a sunspot cycle, violent explosions on the Sun shoot photons and high-energy particles towards the Earth, jolting our ionosphere and geomagnetic fields and potentially downing power grids and satellites, thereby disrupting communication systems.

The intensity of a sunspot cycle is measured by the maximum number of visible sunspots — dark blotches on the Sun that signify areas of increased magnetic activity. The greater the number of sunspots, the greater the likelihood of major solar flares, or the even more violent coronal mass ejections in which the entire gas shell surrounding the Sun, known as the corona, gets ejected out into

space.

Beyond the eleven-year sunspot cycle, however, there seem to be additional factors involved in the generation of extreme solar activity.

Some years ago, Sami Solanki of the Max Planck Institute for Solar System Research in Germany reported that the Sun was more violently active currently than at any time in the past 11,000 years. Since 1940, he claims, the Sun has produced an extraordinary number of sunspots, as well as solar flares and coronal mass ejections, which cannot be explained by the normal fluctuations of the eleven-year sunspot cycle. These anomalies are increasing.

More recently, according to Ben Davidson (suspiciousobservers.com) and other researchers, we have recently entered an unexpectedly quiescent phase of the Sun, unlike previous models of solar activity, which had predicted unexpected highs. I wonder if this signifies a quiet before the next storm, similar to the Carrington Event of 1859, which severely disrupted all the communication systems of that day.

Maurice Cotterell is the author of *The Mayan Prophecies: Unlocking the Secrets of a Lost Civilization*. The Belgian researcher, Patrick Geryl, uses some of his calculations to indicate an 11,500 to 12,000-year cycle of magnetic inversion on the Sun. This cycle seems to generate extreme amounts of solar activity at its peak, claims Geryl, which, through the medium of solar winds, could lead to a magnetic pole reversal on Earth.

As a corollary to this, the Earth's magnetic field, which normally protects us from this kind of solar radiation, has been inexplicably dwindling in recent years. Could these phenomena be related? How do we explain what is happening? Astrophysicist Alexey Dmitriev of the Russian National Academy of Sciences in Siberia provides us with some very interesting clues.

Just as the Earth revolves around the Sun, the Sun travels its own

orbit through our Milky Way galaxy. Just as the Earth has a protective electromagnetic shield surrounding it in its journey through the Solar System, so does the Sun have a protective electromagnetic envelope surrounding the entire Solar System in its journey through the Milky Way.

The magnetically protected spherical region of space surrounding our Solar System is known as the heliosphere. The outer edge of this heliosphere is known as the heliopause, and is composed of highly charged layers of plasma. As the Sun travels through the Milky Way, this plasma acts as a shield, repelling and pushing away particles of interstellar dust.

What Dmitriev and his team have been observing is that the shockwave of plasma at the leading edge of this heliosphere has expanded ten-fold in size and intensity during the past fifteen or twenty years. It has grown from about 3 AU to 40 or more!

In his paper Planetophysical State of the Earth and Life Dmitriev states, “This shock wave thickening has caused the formation of a collusive plasma in a parietal layer, which has led to a plasma overdraft around the Solar System, and then to its breakthrough into interplanetary domains.”¹

Many in my generation were brought up on Star Trek. Imagine the Starship Enterprise entering a region of space saturated with meteorites and cosmic dust. Imagine Captain Picard commanding his crew to direct all power towards the shields in order to strengthen the force fields around the ship and to repel the incoming stardust.

This is what is happening with our Solar System. Dmitriev asserts that deep space is not uniform. Composed of scattered space debris, some regions of space are more turbulent than others. We are entering into one such region of interstellar turbulence. The shockwave in front of the heliosphere has become larger and thicker as we entered this denser region of space where there are more particles to push out of the way.

Imagine now that the Starship Enterprise is facing an intense bombardment of cosmic stardust, and the overloaded shields are flaming hot. This is precisely what is taking place in our own Solar System. The interstellar turbulence of cosmic dust is overloading the plasma content at the leading edge of the heliosphere causing what Dmitriev describes as “a kind of matter and energy donation made by interplanetary space to our Solar System.”

In other words, things are heating up. By analyzing data from the Voyager satellites out in deep space, Dmitriev and his team confirmed that this rise in temperature was affecting not only our Sun but also every other planet in the Solar System. The interstellar turbulence is also causing a whole range of other measurable effects in our Solar System — the growth of planetary atmospheres, the increasing brightness of various planets, changes in magnetic fields, and shifting rotational poles.

Here on Earth we are experiencing the impact of this interstellar dust, both directly as a result of this energy donation, and indirectly through changes within the Sun. The anomalous activity of the Sun and its unpredictable effects on the Earth could well be related to this interstellar region of turbulence we are currently entering.

Dmitriev expects that we will remain within this turbulent shockwave for at least the next 3,000 years. He believes also that many of the extreme and inevitable climate changes could begin very soon — not in centuries or even decades, but in a few short years.

CHAPTER 14 – GALACTIC SUPERWAVES

I would now like to introduce what I perceive as one of the primary mechanisms for changes happening on our planet today, which includes a likely explanation for Dmitriev's observations of increased cosmic dust activity surrounding our Solar System. This is the Galactic Superwave Theory, first proposed by astrophysicist Dr. Paul LaViolette.

I was privileged to meet Dr. LaViolette at a new sciences symposium in Las Vegas back in 2001. My first book, *Doorway to Eternity: A Guide to Planetary Ascension*, had just been released, as had his own groundbreaking book, *Earth Under Fire: Humanity's Survival of the Ice Age*. I found him gentle and unassuming (in sharp contrast to the disturbing implications of his theories).

Over the years, we have developed a quiet friendship and have had some fascinating discussions on his theories of continuous creation and galactic superwaves. I am grateful to Paul for helping me fine-tune my understanding of these themes, and for serving as a science advisor to me as I prepared this manuscript for publication.

Galactic core explosions are a recent discovery. During the early '60s astronomers noticed that the cores of spiral galaxies periodically become active. When active, they spew out enough cosmic ray and gamma ray energies to equal millions of supernova explosions, which are the explosions caused by individual stars in the last phase of their life cycle.

They assumed that these active states happened fairly infrequently, about once every ten million years or more. LaViolette proved otherwise. Using astronomical data and the study of ice core samples, he hypothesized that these galactic core explosions were much more frequent than anyone before realized.

Beryllium-10 is an isotope of Beryllium gas produced by the effect of galactic cosmic rays. In the course of his research, LaViolette discovered a significant concentration of Beryllium-10 in ice core samples dating 10 to 15,000 years ago. This supported his earlier hypothesis based would now like to introduce what on astronomical data, as well as his experiments with Nickel and Iridium indicators in ice core samples, and he conjectured that this was caused by recurring galactic core bursts following a periodicity of approximately 10 to 15,000 years.

This periodicity was later confirmed by ice core data analyzed by Grant Raisbeck, which showed the presence of regular Beryllium-10 spikes ranging over the past 140,000 years, thus providing direct proof for periodic bursts of cosmic ray activity emanating from the galactic center.

LaViolette asserts that each galactic burst could last several hundred or even thousands of years. In our own galaxy, the last major event took place approximately 10 to 15,000 years ago. Additionally, astronomical observations indicate that there have been fourteen minor expulsions of ionized gas within the past 6,000 years.

LaViolette coined the term galactic superwave to refer to this cosmic ray bombardment. He suggested that cosmic ray particles emanate from the super-dense center of our Milky Way galaxy and rapidly move out in spherical waves to the outer limits of its spiral arms at nearly the speed of light. As this superwave moves out radially throughout the galaxy, unaffected by interstellar magnetic fields, it generates a wave of gamma rays in front of it.

Just as our hearts send out blood through arteries and veins in a steady rhythm, so our galaxy has its own heartbeat, sending out energy and information in the form of cosmic and gamma rays throughout its galactic body, with one major pulse approximately every 10 to 15,000 years, and a number of minor pulses between.¹

At this point I am going to take the liberty of assigning a value of

approximately 12,000 years to this galactic heartbeat. Although LaViolette does not try and pin this down quite so specifically, I believe this could prove to be a starting point for further explorations and I am curious to see where it may lead.

LaViolette provides an alternative version for Dmitriev's dust cloud model. Dmitriev hypothesizes that our Solar System is just now entering a region of the galaxy permeated with interstellar debris. He proposes that our Solar System has been in a region of the galaxy congested with cosmic dust and cometary debris for the past several million years already. This dust cloud permanently orbits around our heliosphere, but is usually held outside the Solar System by plasma shields.

Interestingly though, when a galactic superwave makes its periodic journey through our Solar System, trillions of high velocity protons emitted by the incoming cosmic and gamma rays cause the plasma shields of the heliopause to become overloaded, and eventually to fail, pushing these orbiting clouds of cosmic dust past the plasma shields into the heliosphere, thus initiating a cycle of solar and interplanetary turbulence.

Support for this theory also derives from the observations of astronomer Hartmut Aumann, who suggested in 1988 that the Solar System is surrounded by a dust envelope five hundred times denser than previously thought. Infrared observations by the Infrared Astronomical Satellite in 1984 have also revealed that the Solar System is surrounded by cirrus dust clouds.

Markus Landgraf of the European Space Agency has an explanation for why the heliospheric shields could collapse. He starts with increased turbulence and flaring within the Sun, related in some ways to Cotterell's solar inversion cycle examined earlier. This turbulence disturbs the magnetic field surrounding the Solar System, which in turn overloads the heliospheric shield allowing cosmic dust to pour in.

The periodicity of a major galactic superwave is the same periodicity as Cotterell's cycle. Could this cycle of solar inversion be a direct result of galactic superwaves moving through our Solar System, periodically bringing with it enormous quantities of cosmic dust?

LaViolette emphasizes that the effects of the galactic superwave on the

Sun and on the Earth's climate are not so much due to the cosmic and gamma rays themselves, but to the cosmic dust, cometary bodies, and ice chunks of all sizes that these galactic rays transport into the Solar System. This invasion of interstellar debris is capable of initiating a chain reaction of increasingly violent events on the Earth as well as on the Sun. This is the mechanism for the recurring ice ages over the past three million years.

What would be the likely effects of the next galactic superwave? As cosmic dust and debris bombard the Sun's surface, the magnitude of solar flares could increase more than a thousand-fold, causing the Sun to engage in continual flaring activity and creating enormous coronal mass ejections.

It is interesting to note that the amount of cosmic dust in our Solar System has increased three-fold since AD 2000. The European Space Agency has posited that we can expect even more interstellar dust from 2005 onwards.

As a result of this increase, and corresponding increases in solar activity, communications networks, power grids, and satellite systems could be shut down permanently as immense magnetic storms rock the Earth. Floods, earthquakes, volcanic and tidal wave activity could follow. Immense heat could penetrate the Earth's atmosphere, burning forests, igniting volcanoes, evaporating oceans, and precipitating a new Ice Age.

If sufficiently intense, says LaViolette, highly charged cosmic rays could be generated by the Sun, and the resulting solar winds could

bombard the Earth's surface, generating immensely strong ring currents around the equator that could cancel and reverse the Earth's magnetic field in a matter of days. Meanwhile, as likely happened about 12,900 years ago, giant coronal mass ejections could once again blast through interplanetary space and envelop the Earth in a huge fireball, causing a mass species extinction.

The above scenarios are based on the past effects of the most recent major galactic superwave episode somewhere between 10 and 15,000 years ago, a Category 4 on his scale. Minor episodes, which occur more frequently, would not be as catastrophic, although still powerful enough to severely disrupt our current civilization.

Of particular concern, cautions LaViolette, is the fact that cosmic rays travel close to the speed of light and so could strike our Solar System virtually without warning. Preceded only by the wave-flash from the initial explosion, we would perceive it as a bright bluish-white light having the appearance of a very bright star coming from the galactic core in the constellation of Sagittarius. We would also notice a bluish haze caused by the cosmic rays impacting the heliopause, but the center of it all would be this star-like phenomenon.

Interestingly, there is a Hopi prophecy about a blue star becoming visible in the days of purification preceding our journey into the Fifth World. Is this prophecy based on a memory held over from the last time this happened?

When asked about when he expects the next major galactic superwave volley here in our Solar System, LaViolette makes a conservative guess, stating a 90% chance it could arrive within the next four centuries. But he concurs with others that a catastrophic event might occur much sooner.

Although the galactic core seems to be in a quiescent state at the moment, LaViolette says this could change at any time. What would the passage of a galactic superwave look like? Are we in the first

stages of this already? And how might this be related to changes in Earth's magnetic fields?

CHAPTER 15 – MAGNETIC POLE REVERSALS

There are two kinds of Pole shifts generally talked about — magnetic pole reversals, and geographical pole shifts. In this chapter, we will limit ourselves to a discussion of magnetic pole reversal.

The Earth is a giant dipolar magnet with both a magnetic north and south pole that tend to wander from time to time, usually circumscribing the geographical south and north poles in a radius of a few hundred miles.

This magnetic field has existed for at least 3 billion years, although it tends to fluctuate wildly from time to time, and even reverse itself on a periodic basis.

The Earth's magnetic field is generated deep inside the planet. An inner core of highly pressurized, solid iron is surrounded by an outer core of molten iron and nickel. They rotate at different rates, and the interaction between them creates a hydromagnetic dynamo. Not unlike an electrical dynamo, this mechanism is what creates and sustains the geomagnetic field.

Like any bar magnet, this magnetic field not only runs through the Earth itself but also creates lines of force surrounding the Earth. This magnetic field, which includes the Van Allen Belts, acts as a protective shield for repelling excessive solar and cosmic radiation and certain kinds of space debris.

The geomagnetic field is not static. A study of the geological record indicates many fluctuations as well as periodic field reversals. At present, the Earth's magnetic field seems to be weakening exponentially. It has lost up to half of its intensity over the past 2,000 years, with a decline of 10 to 15% just within the past 150 years. Significant breaches in the magnetic field have been observed

recently.

Geologists disagree about how long it takes between reversals or whether there is even a predictable period of time between reversals. They are also divided about how long it takes for a magnetic field to collapse and rebuild.

Those who believe in a uniform model of planetary evolution, implying that volcanic sedimentation in ice core samples is deposited evenly over the time between reversals, assert that these polar reversals happen fairly unpredictably, with periodicities anywhere from 100,000 to 1 million years. Andrew Jackson of Leeds University estimates that the last reversal occurred 750,000 years ago. LaViolette points to evidence for a more recent reversal called the Blake Event about 100,000 years ago.

On the other hand, geologists who tend to support a catastrophic model of planetary evolution, believing that sedimentation takes place erratically, based on a succession of extreme geological events, seem to feel that the poles reverse themselves much more frequently.

In *Reality Revealed: The Theory of Multidimensional Reality*, authors Douglas Vogt and Gary Sultan contend, using potassium-argon dating techniques, that magnetic reversals are spaced apart quite evenly in length. They assert that the periodicity between successive polar reversals is approximately 12,000 years, and that the most recent reversal was 12,000 years ago. They further state that this last polar reversal coincided with the last Ice Age.

In my own research of cyclic phenomena, I quickly realized that many of these scientists and theorists shared the same periodicity of approximately 12,000 years. Is there a relationship among galactic superwaves, solar inversions, magnetic pole reversals, and ice ages? Do they somehow follow a certain sequence? If so, what is this sequence, and how does it work? If we experienced this before could it happen again? When might this happen and what could this mean?

Consider the following worst-case scenario. A minor or major

galactic superwave passes through our Solar System. The intense bombardment of cosmic ray and gamma ray particles overloads the plasma shields surrounding our Solar System, allowing thick clouds of cosmic dust to enter in. This initiates a cycle of increased solar activity. Intense flares and coronal mass ejections move from the surface of the Sun out through interplanetary space.

At the peak of solar activity there is an inversion of the solar magnetic fields. This generates an immense cloud of plasma that catapults out into space as solar lightning. As it reaches us, it overloads the Earth's geomagnetic field. The hydromagnetic dynamo shuts down, during which time the protective magnetic field of the Earth briefly collapses, then reverses.

Simultaneously with all this activity on the Sun, the incursion of inter-stellar cosmic dust and debris also has a direct effect upon the Earth, along with all the other planets in our Solar System. Earth begins to heat from the core outwards. This rise in temperature soon hits a point of no return, a tipping point initiating extreme climate changes.

Vast areas of the Earth flood as polar icecaps melt away and ocean levels rise. The thermohaline pump energizing the Great Conveyor Belt shuts down. Meanwhile, heat from the core of the Earth in combination with plasma discharges from the Sun activates innumerable volcanoes and supervolcanoes. Rising ash covers the face of the Sun. The surface of the land cools off, and an ice age begins.

There is an additional possibility relative to magnetic pole reversal that I will mention here. There is a rule pertaining to electromagnetic dynamos known as the right hand rule. Imagine making a fist of your right hand with the thumb sticking up. If the direction of the thumb represents the north pole, then the curl of the fingers represents the direction of spin. The stronger the magnetic field, the faster the spin. If the magnetic polarity reverses, the spin reverses. Some authors

have applied this principle to the spin of the Earth and argued that a magnetic pole reversal would inevitably lead to a reversal in the Earth's direction of spin.

There seems to be some evidence for this possibility in ancient writings from various cultures testifying about cataclysmic times when the Sun rose from the west rather than the east. Some have even pointed to such evidence as the depiction of the zodiac in ancient temples, such as Dendera in Egypt, where the sequence of constellations is drawn reversed.

Although LaViolette was one of the first to suggest a link between galactic superwaves and magnetic pole reversals, he feels that the possibility of the Earth reversing its rotational spin is extremely unlikely. I would welcome further dialogue on this issue.

If this theory is accurate, as suggested by Patrick Geryl in *The Orion Prophecy*, this spin reversal would be one more step in the above scenario. As the hydromagnetic dynamo shuts down, the rotation of the Earth slowly comes to a halt. In response to this, a significant wave of inertia is created. Huge winds and tidal waves sweep across the land, and massive earthquakes rip across the Earth as tectonic plates shift and slide over each other. The combination of heat, pressure, and movement also unleashes a burst of volcanic activity.

Afterwards, with the dynamos recharged by solar lightning, the geomagnetic field flips and stabilizes. The Earth begins to rotate once again in the opposite direction, and the cycle of life begins anew.

CHAPTER 16 –POLE SHIFTS AND CRUSTAL DISPLACEMENT

Edgar Cayce, well known as the ‘sleeping prophet’, predicted a pole shift in 2001.

Fortunately for us, his prediction failed. Unlike a magnetic pole reversal, a pole shift refers to a literal shift of the continents and oceans on the surface of the Earth, relative to the north-south polar axis.

I didn’t think this was necessarily connected with magnetic pole reversals until I came across some research by Charles Hapgood, history professor at Keene State College in New Hampshire. In his book, *The Path of the Pole*, Hapgood plots the course of geographical pole shifts through the ages, asserting that the last pole shift happened between 11,500 and 12,000 years ago.

Here was that number again. I began to wonder if this could be yet another factor in a single periodic chain of events? Based on geomagnetic studies and Carbon-14 analysis, Hapgood arrived at the conclusion that 12,000 ago, before the poles shifted to their current position, the north pole was centered in the Hudson Bay region.

He also highlighted two other pole shifts in “recent” geological times, showing that the north pole was located in the Greenland Sea 55,000 years ago and in the Yukon area 80,000 years ago. Each period of shifting took 5,000 years, he claimed.

He referred to the mechanism responsible for this shift as Earth Crust Displacement or crustal plate displacement. The outer crust of the Earth floats upon a semi-liquid layer of magma. Under certain circumstances, the entire crust of the Earth can shift in one piece, like the loose skin of a tangerine orange.

This is a very different phenomenon from continental drift.

Continental drift refers to continents moving away from each other, almost imperceptibly, in time. Crustal displacement refers to the whole crust of the planet, including all continents and ocean beds, moving together to a new position relative to the polar axis.

How does this happen? Hapgood wasn't quite sure, yet proposed that, as we enter an ice age, the increasing weight of ice in the polar regions will cause an imbalance in the spin of the Earth around its axis. Like a washing machine out of balance, this could create a shudder in the Earth's rotational orbit. Once a tipping point is reached, the entire outer crust of the Earth will shift to a new stable position.

In interpreting the geological evidence, Hapgood came to the conclusion that the movements to each new position were not cataclysmically fast but relatively slow, taking about 5,000 years to make the journey. He postulated that the new north pole remained in place for about 20,000 to 30,000 years after each shift.

As I mentioned before, the interpretation of geological data and ice core samples can differ widely, depending on whether one follows a gradualist or catastrophic perspective of geological time. Hapgood felt there was a correlation of crustal plate displacements with ice ages. If this is true, does this mean that crustal plate displacements might also follow the same 11,500 to 12,000-year cycle, quicker than he himself realized?

I may be skating on thin ice here. Not all geologists, including LaViolette himself, agree that ice ages follow each other every 12,000 years or so; nor would they agree that these are necessarily connected with crustal plate displacements. The danger of "big picture" synthesis, especially coming from a non-scientist like myself, is in trying to force the wrong pieces into a preconceived jigsaw puzzle, and I have made that mistake before.

Still, what if it were possible that crustal plate displacements were caused not due to build-up of ice, as Hapgood hypothesized, but to

the enormous stresses placed on the outer crust of the Earth during a magnetic pole reversal? If indeed the rotation of the Earth slowed, stopped, and started again in the opposite direction of spin in the space of a few days (as recorded in ancient writings and oral traditions throughout the world) would this extreme inertia not provide the conditions for such a phenomenon to occur?

The new position of the poles may take into consideration the imbalance of ice at the poles, but would not be caused by it. In fact, it would seem to me that crustal displacement would be a way of cushioning the effects of an otherwise far more catastrophic situation where nothing could survive.

In the event of a magnetic pole reversal and the corresponding reversal of the Earth's rotation on its axis, the inertia created from this movement would release enormous tsunamis, hurricanes, and earthquakes, which could conceivably wipe out everything on Earth.

The mechanism of crustal displacement, however, ensures that the outer crust of the Earth would disengage from the mantle and lower crust during this reversal process, sliding freely over a semi-liquid layer of magma, allowing it to shift positions in a relatively gentle manner even with all the tremendous forces being generated beneath it.

Author and spiritual teacher Drunvalo Melchizedek, in one of his video discussions of Mayan prophecy, refers to the finding that if the magnetic field of the Earth goes to zero, then in about two weeks the upper mantle of the Earth would become liquefied, and the Earth would be free to spin in any direction it wants. At this point, he conjectures, the unbalanced weight of the Antarctic Ice would cause the entire planet to be crustally displaced to another location. I would add that the possible reversal of the Earth's direction of spin would also contribute to this displacement.¹

The last time we experienced a crustal plate displacement, according to Hapgood and other geologists, was 12,000 years ago.

As I read this, my thoughts drifted to stories of Atlantis and its final cataclysmic sinking. If this was a real event, when and how did this vast landmass actually sink? Geryl refers to the Egyptian Book of the Dead as translated by the Frenchman Albert Slosman. One of the oldest of Egyptian manuscripts, the book provides a date for this event at 9792 BC — roughly 11,800 years ago.

Authors Rand and Rose Flem-Ath were students and colleagues of the late Professor Hapgood. In the book *The Atlantis Blueprint*, they make a strong case that the remnants of Atlantis, once a thriving civilization similar to our own, are buried underneath the Antarctic Ice. Graham Hancock, in *Fingerprints of the Gods*, concurs. If this is so, it seems that the entire continent of Atlantis could have moved towards the south pole as it sank during this last period of crustal displacement and related catastrophic activity.

For the record, this is an area where Hancock and LaViolette disagree. LaViolette argues that polar ice core results rule out the possibility of any latitudinal change of Antarctica. Regardless of the final verdict, is the fate of Atlantis one probability for what lies before us in the very near future? Is this what the Maya and other indigenous people, prophets including Edgar Cayce, and scientists such as LaViolette, have been warning us about?

CHAPTER 17 – PRECESSIONAL CYCLES AND COSMIC AGES

So far the situation appears to be quite gloomy. But is cataclysmic destruction the only probability for the future of Earth and humanity? As with the car crash I experienced on the dawn of the new millennium, could there be multiple dimensions of possibility opening before us? Is this what Windrider was hinting at? And is there a timing key for some of these events?

In my early research into ancient calendar systems and in much of my reading of New Age material, the precessional cycle came up time and time again. Also known as the precession of the equinoxes, the cycle marks the apparent pathway of the north pole axis through the twelve constellations of the zodiac based on measurements taken from Earth at sunrise on the autumnal equinox.

Just as the Earth experiences seasons in its journey around the Sun, so the precessional cycle refers to zodiacal seasons. Both these seasons have their basis in the tilting of the Earth's axis. The tilt of the Earth fluctuates slightly from time to time creating corresponding changes in the length of the precessional cycle.

We cross the plane of the galactic equator twice during this precessional journey through the zodiac. Please remember we are not talking about a physical crossing of our Solar System across the galactic plane. We are simply referencing an alignment of the north pole axis with the central plane of the galaxy due to the tilt of Earth's axis.

This happens at the halfway points of each precessional cycle, and during these times we are more responsive to galactic energies. In this current cycle our passage through the galactic equator began in 1980 and continues up until 2016.

Moira Timms, author of *Beyond Prophecies and Predictions*:

Everyone's Guide to the Coming Changes, once suggested to me that energies streaming in through the galactic equator during these halfway points could be an alternate explanation for LaViolette's theory of galactic superwaves. When I confronted LaViolette with this explanation, he disagreed, stating that the galactic superwave is a physical blast of cosmic ray energy, not to be confused with the precessional cycle. It does seem to me that they are indirectly related. The timing of the cataclysmic events and evolutionary changes we have discussed in preceding chapters is initiated by a galactic heartbeat of approximately 12,000 years, which generates bursts of cosmic and gamma rays moving outward concentrically as galactic superwaves. We could be experiencing an inflow of these cosmic rays shortly.

But on a secondary level, we also receive galactic energies from the galactic equator during the crossover points of the precessional cycle. Through a system of resonance, the Earth's polar axis becomes entrained with the galactic heartbeat extending through the galactic equatorial plane. Could it be that precessional crossings serve as an early warning mechanism for incoming superwaves?

The precessional cycle is not constant. The tilt of the Earth's axis varies from 21.5 degrees to 24.5 degrees, and the measurement of the precessional cycle varies correspondingly from about 23,000 years to 26,000 years. In 1911, Milutin Milankovitch, a Serbian astrophysicist, calculated this as a cycle of 23,000 years. Measurements taken today fix this cycle closer to 26,000 years.

One calendar system that apparently correlates with this recurring cycle is Sri Yukteswar's conception of the yugas, or cosmic ages. A highly accomplished yogi and seer, he was the spiritual teacher of Yogananda Paramahansa and the direct disciple of both Lahiri Mahasaya and the immortal yogi Babaji.

In contrast to the much longer cycle of yugas in classical Hindu texts, which he considered flawed, Sri Yukteswar discussed the

merits of a 24,000-year cycle of the yugas, during which time we twice pass through a sequence of events gradually leading us from an age of light into an age of darkness. Ages of darkness, then, lead abruptly back into ages of light, which again gradually dissipate into times of increasing darkness.

The periodicity between successive ages of light is 12,000 years, according to Yuktswar, and we presently stand at the cusp between the current age of darkness and the incoming age of light — between the kali yuga and the krita yuga, respectively. This 12,000-year half-cycle of the yugas appears to closely match some of the cycles that drive evolution, including galactic superwaves, magnetic solar inversions, ice ages, magnetic pole reversals on Earth, and crustal plate displacements.

The 24,000-year cycle of the yugas seems also to be linked with the precessional cycle, even though the periodicity of this varies.

I have experienced a deep inner connection with Sri Yuktswar and his immortal teacher, Babaji. As with the Mayan calendar, I feel that the cycle of the yugas is based in a galactic understanding of consciousness and time. When interrelated with windows of time derived from scientific research, I suspect this is a cycle worth some attention.

There is debate whether we are following a 13,000-year cycle or a 12,000-year cycle or an 11,500-year cycle. Nature does not always follow exact cycles. The same research that supports one model can support the other. Yet, whatever the exact periodicity of this cycle may be, we may be close to entering into the shift point now.

In this context I would also like to say a few words here about the photon belt theory, which postulates that we are entering into a photon belt, or manasic ring, of high-frequency energy that runs through the central plane of the Pleiadian constellation.

A corollary to this theory is that our Sun is actually the outermost eighth star in the Pleiadian system, and makes a 26,000-year orbit

around Alcyone, the central star of this system. Twice during its orbit around Alcyone, our Solar System happens to pass through this photon band, initially traversing an electromagnetic null zone that would zap all electrical systems and neutralize all synthetic materials. According to this theory, we are currently on the verge of this entry, and will remain in the influence of this photon belt for 2,000 years before emerging again out through to the other side.

The science behind this theory has been proven faulty. Our Sun does not orbit around Alcyone and has no direct relationship to the Pleiades. Even though it is scientifically outdated, however, the intuitive aspects of this theory are accurate.

We may not be in orbit around Alcyone, or crossing some kind of photon belt, but we are experiencing a galactic superwave with its inflow of cosmic and gamma rays. This incoming cosmic energy is likely to initiate the same shift in human and planetary evolution as theorized by proponents of the photon belt theory.

Slosman's translation of the Egyptian Book of the Dead indicates that the Atlantean priesthood was well aware of the exact date of their impending doom hundreds of years before Atlantis finally sank beneath the waves in 9792 BC. For this reason, if no other, I tend to pay attention to what various calendar systems around the world, including the Mayan calendar, seem to indicate. Were the Atlanteans tuned into the same galactic source that the Maya were and that Sri Yukteswar seemed to be? Were they all aware of certain galactic cycles that govern the process of divine evolution?

If so, then the primary initiator of all these events, as I see it, is the galactic superwave, which creates a chain of reactions as it moves out through multiple dimensions of our galaxy, culminating in a magnetic pole reversal on Earth. Before we examine the full implications of this incoming galactic superwave, I would like to address some new insights into evolutionary cycles on Earth that hold a special fascination for me.

CHAPTER 18 – ICE AGES, MAGNETIC REVERSALS, AND EVOLUTIONARY LEAPS

A Book like this cannot be written in linear fashion. It's like a jigsaw puzzle, and pieces start fitting together one at a time until the big picture starts to emerge in a never-ending process of unfoldment.

I encountered Robert Felix's work on ice ages some time ago, and had been fascinated by his assertion, based on the reading of ice core samples, that these ages followed each other in regular and predictable cycles of 11,500 years. I have mentioned some of this research in the chapter on ice ages.

Just as I was preparing to send this manuscript to my publisher, however, I came across his new book, *Magnetic Reversals and Evolutionary Leaps: The True Origin of Species*, along with a new book by Douglas Vogt, *God's Day of Judgment: The Real Cause of Global Warming*. Both books provided me with some new puzzle pieces in the evolutionary jigsaw puzzle.

The focus of my research in the past few years has been to investigate the various cycles of nature that drive our evolutionary journey and to understand how they fit together. It was intriguing to discover the intricate web of relationships between recurring ice age cycles based on CLIMAP research, Cotterell's solar inversion cycle, magnetic reversals as proposed by Vogt and Sultan, recurring cycles of volcanic activity, the precessional cycle caused by the tilt of the Earth's axis, Hapgood's crustal plate displacements, and LaViolette's galactic superwaves.

With all these phenomena following a roughly 12,000 year cycle of evolution similar to Sri Yukteswar's understanding of the yugas — in which evolutionary leaps took place at the transition point between

an age of darkness and an age of light — the evidence seemed to show that we were exactly on the brink of such an evolutionary leap.

The cycles did not match perfectly, but were close enough that I felt a definite connection between the various recurring events. Although I felt the intuitive truth of this, there were not many other researchers or scientists I knew who were making these links. I felt somewhat isolated in my views.

Those who did talk about cycles usually referred to a 26,000-year precessional cycle as the driving force behind planetary evolution. Although I intuitively perceived that the precessional cycle was an important element in the big picture, I did not see how it could actually trigger such a shift. Besides, the timing was not quite right. When most people speak about a precessional cycle, they refer to an approximately 26,000-year cycle. This differs significantly from some of the scientific data I'd assessed.

The new research by Felix and Vogt clarified things for me further. As they explored connections between magnetic reversals, solar inversions, ice ages, precessional cycles, and evolutionary shifts, it became clear that there was increasing evidence for dramatic events recurring in cycles of 11,500 to 12,000 years. I was fascinated!

Felix is a science writer who supports his theories with impeccable research. He starts with the premise that there have been ice ages forming every 11,500 years (as reported by CLIMAP through the study of ice core samples going back 500,000 years). More accurately, what they have discovered is a 23,000-year cycle of recurring ice ages with smaller ice ages at each halfway point.

This cycle of 11,500 years is not new. Regarded as a pacemaker of the ages, it was initially proposed by Milutin Milankovitch after a detailed analysis of interlocking planetary cycles in the early twentieth century. Felix's evidence illustrates how this also applies to ice ages and magnetic reversals. Vogt's calculation is slightly different, and he refers to a "clock" of 12,068 years for the same

phenomena. Both of them correlate this with the precession of the equinoxes, which itself seems to vary over time due to changes in the tilt of the Earth's axis. In the early 1900s, for example, Milankovitch calculated the precession of the equinoxes as a 23,000-year cycle, whereas most scientists today calculate it as an approximately 26,000-year cycle.

Felix reports that the previous ice age began with the Gothenburg magnetic reversal, which took place between 11,400 and 11,500 years ago. The ice age prior to that commenced with the Mono Lake reversal 23,000 years ago, while the one preceding that started with the Lake Mungo reversal 34,500 years ago. These are predictable natural cycles, he says, which always begin rather suddenly. They are usually initiated in less than twenty years, and then continue on for a few hundred or a few thousand years, depending on various conditions.

He goes on to say that the conditions for the next ice age already exist on the planet. The magnetic poles are fluctuating wildly and could reverse at any moment. It is already cold enough in northern regions to initiate ice age conditions. All it would take is increased precipitation — a requirement currently met by the cataclysmic flooding and record snows in different parts of the world.

Our planet is experiencing a cooling phase rather than a warming phase, Felix insists. The basis for most claims about global warming is the melting of glaciers in the Arctic. But this is because of underwater vulcanism in that area, he maintains. Contrary to what is reported in the media, glaciers are actually growing in many parts of the world, including Antarctica!

The increase of underwater vulcanism around the world is the direct precursor for an ice age, continues Felix. It heats up the ocean causing more evaporation, which in turn creates more moisture and precipitation in the air. Along with cooler temperatures from volcanic ash in the atmosphere, this process initiates an ice age.

There are other researchers who have also linked this same cycle with historical events. For example, in their book *When the Earth Nearly Died: Compelling Evidence of a World Cataclysm 11,500 Years Ago*, D.S. Allan and J.B. Delair provide compelling evidence for a global catastrophe 11,500 years ago, which they claim was related to Noah's flood. I suspect this may have been a retelling of the Atlantean story from a different cultural perspective.

Similarly, in *The Celestial Clock*, William Gaspar refers to a dominant ice volume collapse cycle, where the polar axis shifts every 11,500 and 23,000 years. The shift is accompanied by severe earthquakes and flooding.

Meanwhile, as mentioned earlier, Vogt refers to a precise 12,068-year clock that governs ice ages and magnetic reversals. He also links this with solar inversion cycles and diligently details what a magnetic reversal would look like — most of which would occur in the space of just a few hours. The reversal would begin with a solar inversion and nova activity on the Sun, which he predicts will occur sometime between September and December of 2046. This would be followed immediately by a magnetic reversal on the Earth, and then an ice age.

Previous magnetic reversals and ice age cycles, according to Vogt, have also followed this 12,068 year pattern.¹ It was intriguing for me to see this link between solar inversions, magnetic reversals, and ice ages confirmed time and again.

There is a certain degree of cataclysmic activity associated with these events, which at first glimpse doesn't look pretty. However, Vogt's and Felix's shared assertion that magnetic pole reversals are also directly linked with evolutionary leaps is both hopeful and fascinating!

Just as the heliopause protects our Solar System from interstellar dust, cosmic rays, and gamma rays, so does the Earth's magnetic field protect us from radioactive particles generated through cosmic

rays and gamma rays. During a magnetic reversal we lose this protection, and cosmic radioactivity inundates the planet. This radioactivity could be 2,000 times greater than normal, resulting in massive mutations and evolutionary leaps.

Every magnetic reversal is associated with both extinction and creation of species. Although they differ slightly in their dating of events, Vogt and Felix both interpret this mechanism as one that drives evolution. Evolution is not gradual, as Darwin believed, but happens in bursts, instigated by magnetic reversals during which cosmic radioactivity is at a peak.

English biologist Thomas Huxley was a close friend of Charles Darwin. While he supported Darwin's theory of evolution, he did not believe it was necessarily gradual. Many paleontologists such as Stephen Jay Gould agree. "Gradualism is not a fact of nature," Gould says. "Most new species appear with a bang... Fossil records demonstrate that a species remains unchanged for millions of years before abruptly disappearing, only to be replaced just as rapidly with a species that is, though clearly related, substantially different. Nature does take leaps."

Mammoths became extinct 11,500 years ago, says Felix. The Neanderthal man went extinct 34,500 years ago. New species were just as suddenly birthed during these times. Our own *Homo sapiens* species could have entered simultaneously with the departure of the Neanderthal. Evolution is not about survival of the fittest, he jokes, but arrival of the fittest.

Our magnetic field has declined by 65% over the past 2,000 years, and continues to decline at a rate of 5% every century. In recent years this decline has accelerated significantly. Studies show that this kind of accelerated decline generally precedes a reversal, which takes place once the field strength is down to approximately 15%. In January 2011, the British Geological Survey stated that a magnetic reversal was imminent.

Vogt and Sultan state in *Reality Revealed* that, for an evolved soul, the time during a magnetic reversal is the only time in which to live. This is where the potential exists to evolve into the next higher dimension. This is where we can mutate our bodies and our consciousness to entirely new levels of divinity.

I believe this is what happened during the final days of Atlantis in the previous cycle of magnetic reversal. Those who were prepared for it could move on into an ascended state. Those unprepared sank beneath the waves into the cycle of reincarnation, gradually evolving to a point where the same souls (in different bodies) are given another opportunity to make the leap. Ideally we can make the leap collectively as a human species this time around.

The 12,000-year galactic pulse seems to me the Grand Initiator of all these cycles. Galactic superwaves stream out from the center of our galaxy, carrying the evolutionary potential for the next cycle of creation. As this superwave moves through our Solar System, it triggers cyclical events within the Sun, which in turn triggers a geomagnetic reversal. This leads to climate changes, Earth changes, and evolutionary leaps in response to a deep creative impulse within the heart of matter.

As far back as 2011, it was being reported that the North Atlantic portion of the Great Conveyor Belt had come to a halt. As a result of this, the atmospheric jet streams previously linked with these undersea loop currents are dissipating. Instead of bringing warm air up to regions in Europe and North American, they are causing severe storms and flooding in some parts of the world and bitterly cold winters elsewhere. The trend is likely to continue.

Dr. Gianluigi Zangari of the Institute of Atmospheric Sciences and Climate in Italy goes on record to say that, with the shutting down of the North Atlantic thermohaline current, a mini ice age has already begun.²

A Little Ice Age, which follows a cycle of 360 years, is different

from a regular ice age, which follows a 11,500 or 12,000-year cycle. It is important to recognize that these events are part of a natural cycle. Some scientists have blamed BP for the hundreds of millions of gallons of oil made to sink by dispersants such as Corexit. These dispersants have entered the Gulf Stream and have apparently clogged it up. Although there may be truth in this, it seems the thermohaline loop had already begun to slow down prior to this. It might have shut down anyway, sooner or later.

More importantly, what happens next? Would our entry into a Little Ice Age trigger the advent of a regular Ice Age? Will this be accompanied by a magnetic reversal? Is this the beginning of a global domino effect?

I feel some shock in the recognition that the climate changes that were once only a frightening possibility have now become devastatingly real. We cannot go back now. So what lies ahead and what choices remain?

I share this information not in anticipation of a doom and gloom scenario, but as a call for humanity to step forward into our highest evolutionary destiny. If the challenges facing us are strong, the spirit driving us from within is even stronger. We are facing the same choices between extinction and mutation that our ancestors faced so many times before. Yet it is important to remember that we are not simple victims of fate. We are wide-browed creators awakening within the dance of a new creation. Our choices are infinite. What new worlds are emerging within the heart of matter? What new species can we dream awake?

PART III – A PLANETARY BIRTHING

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore, they will feel they are being torn apart and will suffer greatly.

Know that the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open and our heads above water. At this time in history, we are to take nothing personally, least of all ourselves. For the moment we do, our spiritual growth and journey come to a halt.

The time of the lone wolf is over. Gather yourselves. Banish the word struggle from your attitude and vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we have been waiting for.

– Message from Hopi Elders, 2001

CHAPTER 19 – THE IMPOSSIBLE DREAM

My father was a scientist, and my mother an artist.

Although I have been on a quest for spiritual awakening for as long as I can remember, their influence in my life ensured that my quest would be both grounded in the world of material realities as well as open to the flow of infinite possibilities.

It has not always been easy. Born under the sign of Pisces, I have always been a dreamer and felt the power of those dreams. More difficult was to learn how to discern between dreams and reality, and not to lose touch with the Earth while exploring the frontiers of the cosmos.

Ultimately I learned that we are given our dreams to make them real. It is not enough to just keep dreaming. As we commit to live our dreams out in the mirrors of daily life, we discover who we are — our limitations as well as our strengths, our humanity as well as our divinity. As we embrace both, we are no longer identified with either, and a power greater than we can imagine takes over. Then the dream, freed from itself, manifests in outer form.

I once explored a drama major in college and took part in several plays and musicals. One of my favorites was *Man of La Mancha*, a musical portraying the well-known story of Don Quixote and his faithful squire, Sancho Panza.

Don Quixote viewed the world differently from most people. He rode a tired old horse that in his own eyes was a magnificent charger. He strung together bits and pieces of tin which became for him a suit of shining armor. He tilted at windmills thinking they were giants, and he believed in chivalry during an age in which kindness and honor were lost.

Yet for all that, his madness touched people's hearts, and showed them a hope that transformed their lives. He refused to believe in a flat, insipid world of artificial realities. And as he believed, so it was. His "madness" became the door to a greater sanity.

The theme song remained with me long afterwards. I see Don Quixote in my mind's eye now as he rides off through the mist, followed by his ever faithful Sancho Panza, "To dream the impossible dream, to fight the unbeatable foe, to bear with unbearable sorrow, to run where the brave dare not go."

I realize that our own world is not very different sometimes. It isn't always easy to live in a "real" world of facts and values that often seem to be so deadening and unnatural. Eventually I learned that there is no reality separate from what we create within ourselves, and that the outer world is simply an extension of our own deep experience of truth.

For readers familiar with astrology, my ascendant in Sagittarius is exactly conjunct the position of the galactic center, which may explain why I have always felt so attuned to a galactic heartbeat of alternate possibilities. Interestingly, Pluto has been conjunct the galactic center in recent years. This may explain why the theme of personal and planetary rebirth has accrued so much significance in these times.

Perhaps we all need a little bit of Don Quixote as we enter into this next section of the book.

CHAPTER 20 – A GALACTIC HEARTBEAT

Our galaxy has a heartbeat. LaViolette's galactic superwave is the physical representation of this, implying that the galactic core pulses in a mostly steady rhythm of 12,000 years for each heartbeat.

This 12,000-year heartbeat is a rough estimate based on my current attempts to correlate various aspects of scientific research with Yukteswar's mystical understandings. LaViolette proposes that specific pulses could vary a few thousand years from this average and do not occur with clockwork precision. It is possible that more precise dating of the ice cores will improve our knowledge about this periodicity, especially as we better understand the relationships between what has been perceived until now as unconnected phenomena (including ice ages, magnetic pole reversals, crustal displacements, solar inversion cycles, and galactic superwaves).

The Maya understood the spiritual dimensions of this heartbeat as well, and tried to attune themselves with it. Their Tzolkin calendar represents 260 facets of this galactic energy, as externalized through our human psyches.

A calendar system represents an orientation in time and space. A solar calendar representing our 365-day journey around the Sun keeps us anchored within a third-dimensional context of space and time. The galactic calendar of the Maya provides us with a bigger picture, anchored within a higher-dimensional galactic pulse of space and time.

Some physicists, including Vogt, Sultan, and LaViolette, are coming to believe that the center of our galaxy derives its energy from outside of the space-time continuum as we know it. If the Big Bang theory is accurate, then there should be a single location in the

universe from which everything expanded outwards. Instead, astronomers are finding that wherever they look, the universe seems to be expanding outwards at the same rate.

Vogt and Sultan perceive this to mean that our physical universe is a reflection of a dimension beyond the visible universe, which they refer to as the diehold. Matter and energy are continuously spilling into our physical dimension from this diehold, as their book explains.

Similarly, LaViolette's theory of continuous creation posits that the universe did not simply begin with a big bang, nor will it end with one, but is continually birthing itself. New creation is happening all the time. We can see this most clearly in the centers of galaxies.

LaViolette's theory of subquantum kinetics implies that there is a sub-space dimension beyond the world of physical creation from which physical universes are born. This higher-order dimension underlies the quantum level which he refers to as the transformation dimension. Thus the center of our galaxy itself, he theorizes, is not a black hole as many astronomers claim, but rather a Mother Star through which new creation is continually being birthed.

What kind of birthing are we talking about here? Are we talking about stars, dimensions, forms, consciousness... all of the above? Is the galactic superwave not just a physical burst of cosmic ray activity emanating from the center of our Milky Way galaxy, but a new wave of creation carrying with it infinite streams of evolutionary possibility?

I believe that we are multidimensional beings and that we experience different realities on different levels of existence. Aspects of our being exist beyond the boundaries of space and time, unified with galactic consciousness. From this level of existence we can influence and direct physical reality within space and time. If we can expand our consciousness to link with galactic consciousness, we

can determine the nature of the new energies coming in and what they can be used for. We are not separate from the galactic energies and can therefore choose to direct these powerful energies in whichever ways we choose.

I have come to believe that the galactic superwave is not simply a stream of mindless cosmic rays flowing out from a gigantic black hole but is rather packets of information emanating from the Mother Star that can be programmed to create certain effects upon reaching us in space and time. It is like the ancient Indian metaphor of Indra's net in which the universe is like a net of pearls spread across the sky. Each pearl is constantly reflecting and being reflected within every other pearl. Each one is instantly changing and being changed by every other pearl.

As in Indra's net, our attunement to galactic consciousness in the depths of our own being immediately invites a response from the galactic center regarding the nature and intensity of the incoming galactic superwave.

Just as neurons respond to our thoughts and bring about an instant response within our physical bodies, so our collective thoughts and attitudes invite a corresponding response from the nerve center of our galactic bodies, such as the Maya-attributed concept of the Hunab Ku.

I realize that these concepts may seem a little far out for many people. Where does this quixotic belief stem from? I would like to go back a few years to begin responding to this.

CHAPTER 21 – DOLPHINS, WHALES AND GALACTIC CONSCIOUSNESS

Earlier in this book I shared my experience with Windrider during the solar eclipse of 1999 and the timeline split of New Year's Eve.

Earlier in that same year I had been living on the Big Island of Hawaii in a little cabin near Kealahou Bay — a dolphin sanctuary where wild spinner dolphins would often swim into the bay to rest and play among the shallow waters.

Each morning I would don my snorkel gear and jump into the beautiful, tranquil bay. When fortunate enough, I would meet up with the dolphins. Over a period of months we became well-acquainted.

I learned to communicate with them through pictures and a language of feeling. When swimming with them, any sense of personal identity would easily dissolve. I joined with them in a place neither human nor dolphin, a place of pure joyful-playful-being.

I learned a lot about myself. Over the years I had built a whole set of identities around myself—I was a spiritual teacher and a healer, I was sensitive and compassionate, I was a good person with many gifts to offer, I was wise and deep... .

The problem with all this was that I had become so identified with this self-image that these very identities became a mask. I then found myself carefully protecting this image lest someone see through me into a place that was vulnerable or uncertain, angry or unloving, fearful, depressed, or shy.

Forever comparing myself to others, my sense of self came from how I imagined others perceived me and whether I thought I was good enough or lovable enough. And so, of course, I had to wear my

best face at all times.

I was losing my sense of spontaneity, my childlike wonder. I was losing my ability to live from the heart.

The dolphins didn't seem to care for any of that. They became my mirrors. When I got lost behind my masks, whether in self-importance or in self-deprecation, they would stay away. When I let go of my masks, we would enter together into ecstatic play. Eventually, I learned that it was safe to even let go of the mask of being human. Here, we could meet in a space of pure essence, and that is when they truly welcomed me into their pod.

I will never forget the day that the four elders of the pod first swam with me cheek to cheek for a full hour, engaged in deep eye contact the entire time. It felt like an initiation into pod consciousness. I felt myself falling deeply in love with these beautiful wild dolphins, falling deeply in love with all of myself, and deeply in love with love itself. I learned about communicating from the heart. As I would enter into the state of love and join it with an intention or a picture, they would respond immediately. I felt awed and so deeply grateful for my new friends.

I learned about my attachments as well. I loved my dolphin family and often found myself feeling more connected to their world than to my own. I would fall into bouts of great depression if a day went by and they didn't show up, and so of course they stayed away. When they did come in, it appeared they totally ignored me while playing with everyone else.

I finally realized they were illuminating my deepest fears of separation, abandonment, jealousy, and loss — so much a part of our average human neurosis. I never experienced any kind of judgment from them, but always a direct reflective feedback to whatever form of energy I emitted. I learned more from these unconditionally loving and compassionate teachers than I ever had in any ashram or meditation retreat.

Then one day I had an encounter with a mother and baby whale. Again my perception of life changed forever. As I approached the bay for my customary swim I noticed a spout of water. My heart leaped within me. Although I had seen whales often on their migration paths through those waters, I had not seen them so close to shore. I swam out in the general direction where I'd seen the spout, then closed my eyes and called out to them in the way I had learned to do with dolphins.

I opened my eyes to see a huge humpback female directly beneath me. At first I panicked. What if she chose to surface just now? What if I got flipped around or sucked under by her immense size? Then I realized that she was very aware of my frail presence, that each movement she made was very deliberate, and that she would never let harm come to me in any way. I relaxed, and we entered into a space of communion while her baby playfully wove his way in and out, through and around us.

Suddenly, I found I was no longer locked into my physical body. As I merged with the consciousness of the whale, I found myself expanding far out into the Earth, entering into her consciousness, and becoming one with her body. I was the Earth. I was Gaia, Goddess of the Earth. I was Ra, the Solar Logos. I was Hunab Ku, the Galactic Mother. I could feel the vastness of her form and of her being, and it was inside me as I was inside her. The cells of my body were the stars in the sky.

I realized there was literally no separation between us. This was the consciousness that the whales live in all the time. They are the guardians and reflections of the very life of Mother Earth and of our entire holographic universe in a way that most of us in human skin cannot begin to imagine. I felt immensely privileged to experience this glimpse of truth.

With this realization, ecstasy filled my body, in wave upon wave of understanding and joy. There has always and forever been only

one of us here! I understood, with Chief Seattle, that we have been forever connected, like blood that unites one family.

Later, as I went back to my cabin and began to write of my experience, I knew that this connection with my humpback friend would always remain, and through her, my connection with the soul of Earth and sky. In that merging of our consciousnesses, a pathway was created within me that has remained open. The pathway has likely always existed, but the whale taught me to access it and to trust what I was feeling.

CHAPTER 22 – SRI AUROBINDO AND HUMAN EVOLUTION

My encounter with the whales opened up a doorway for me to experience galactic consciousness. I have since come to believe that each galactic pulse has both a physical aspect and a spiritual aspect. Although we cannot control events on a physical level, we can certainly co-create alternative realities as we connect with the consciousness of this galactic pulse.

Dmitriev's observations seem to indicate that some form of a cosmic ray or gamma ray burst may already be passing through our Solar System. LaViolette tells us that a major galactic superwave may be on its way. In the previous section we examined some of the possible physical effects of the galactic heartbeat, focused through the galactic superwave phenomenon. In the next few chapters I would like to examine the spiritual aspects of this galactic heartbeat. I would like to begin with the work of two people whom I consider to be among the greatest visionaries of our times.

Near the beginning of the twentieth century the great Indian freedom fighter and yogi-sage Sri Aurobindo began to express a truth that had not been expressed before. In his high states of divine union, he saw that the time had come for a new stage in the evolution of mankind. He saw that the divine was to manifest right here on Earth and that the time for this divine emergence into Earth life was now. He spoke of heaven descending to Earth, even as Earth experienced a breakdown due to the intrinsic resistance held within her material body towards this descent.

Sri Aurobindo was joined in Pondicherry, India, by a French mystic, Mirra Alfassa, who later became known as the Mother. Together they embarked on a journey of intensive cellular and

collective transformation that is very relevant to the colossal uncertainties we face today.

Sri Aurobindo saw that the divine force permeates all matter and that all matter therefore has a force of consciousness. The process of the divine spirit descending down into matter is called involution. The process by which the divine ascends upwards out of matter is called evolution.

According to Sri Aurobindo, humanity has reached a stage in which these two events are occurring simultaneously. He foresaw that we would soon experience a descent of what he called supramental consciousness that would entirely change everything on Earth. The term supramental refers to a unified state of being from a level of consciousness that has not yet been experienced on Earth.

Does this supramental descent relate to the evolutionary effects of the next incoming galactic superwave?

“Man’s greatness is not in what he is,” said Sri Aurobindo, “but in what he makes possible. An immortal soul is somewhere within him, even if seldom active in most people, while an eternal spirit overshadows him, even if obstructed from descent by the hard lid of his constructed personality. There is a great divine plan in motion, even if the evidence of the outer senses seems to contradict it.”¹

Our evolution is far from complete. As Sri Aurobindo states, “Man is a transitional being; he is not final. The step from man to superman is the most important achievement of Earth’s evolution. It is inevitable because it is at once the intention of the inner spirit and the logic of Nature’s process.”²

Evolution leaped far forward with the origins of Life, and later with the emergence of Mind. According to Sri Aurobindo, we are now at the threshold of another leap, even more momentous, as we prepare for the emergence of the Supermind. He speaks about four stages in human evolution.

The first of these, briefly, is the animal human, which includes

most of humanity today — rational beings possessing an individualized soul, but largely obstructed from contacting and merging with it. Our behaviors stem primarily from our instincts. Biological survival, along with the propagation of the species, is the primary goal.

Next is the human human, a species that is spontaneously coming to birth under the influence of an ever-expanding supramental field, a being that is starting to merge and live from soul-consciousness rather than mind-consciousness. Anyone on a quest for deeper meaning and wholeness, including those of you reading these words, is probably at this stage of evolution.

The third stage is the divine human, a stage we are collectively moving towards in this time of global transformation. We will still inhabit a material physical body, but will be in possession of the Mind of Light, supramental consciousness that has just begun to merge with cellular consciousness. The crystal children being born today are the precursors of this root race.

Finally comes the supramental human, our ultimate goal as a species — divinity incarnated fully within the realms of matter. The unity of matter and spirit is to be fully realized upon Earth. The higher-dimensional light body would be merged into the physical body, and the body itself would be raised in frequency to what Sri Aurobindo referred to as true matter.

This subtle physical substance, this true matter, was at the same time much more concrete than the physical world, more real, more complete, and much more powerful than the physical we are familiar with. It existed independent of physical matter, yet permeated all matter.

Within the field of true matter, penned the Mother in her diaries, the Supramental Force “would progressively be able to express unity in diversity instead of division and limitation, truth instead of falsehood, freedom instead of tyranny, goodwill instead of jealousy,

love instead of hatred, and immortality instead of death.”³

We would transcend limitations of time, space, and matter, incarnating all the vast possibilities of our souls. We would travel instantaneously in both space and time. We would shapeshift through forms and dimensions as we choose. We would express the love, wisdom, and power of the Creator in bodies of Creation. Are ascended masters such as Thoth, Jesus, Babaji, and St. Germain the precursors of this root race?

The great work of Sri Aurobindo and the Mother was in bringing supramental consciousness down into the cellular consciousness of their own bodies. The Mother states that the supramental realms were first unified into her cellular body on February 29, 1956. The Dream that is already present in the Supramental worlds was seeded into material consciousness at that time.

Since all matter is vibrationally connected, this meant that the supramental consciousness was simultaneously brought into the morphogenetic fields of the Earth, awaiting the moment when it would flower into full manifestation in the collective field of matter.

From the perspective of science, Dmitriev suggests that as the Sun gets bombarded with cosmic dust it will eventually undergo a radical shift in its base harmonic frequency. Through a principle of resonance, this would instantly ripple outwards, resulting in an increase in the base harmonic frequency of all matter within our Solar System. Could it be that the true matter which Sri Aurobindo refers to is somehow related to this quantum jump in the frequency of matter, quickening our bodies so we are more receptive to the frequencies of our souls?

In his book *Awakening to Zero Point: The Collective Initiation*, Gregg Braden also refers to a Shift of the Ages. He highlights two trends that are simultaneously happening right now, which would at some point intersect, contributing to this dimensional shift.

First, there is the gradual weakening of the Earth’s magnetic

fields, which we discussed earlier. Second, there is the gradual increase in the Schumann resonance. Although some scientists assert that the Schumann resonance is a function of the diameter of the Earth and therefore is incapable of increasing, he is referring to a different measurement for certain harmonics which derives from Swedish and Russian research, and pertains to the rising frequency of matter. Is he, too, referring to this same quantum shift into the field of true matter?

In his epic poem Savitri, Sri Aurobindo points toward what is yet to come:

A few shall see what none yet understand
God shall grow up while the wise men talk and sleep
For man shall not know the coming till its hour
And belief shall be not till the work is done.
The world is preparing for a big change
And the responsibility to bring this about lies with us.
Whether we like it or not:
The frontiers of ignorance shall recede,
More and more souls shall enter into light ...
Nature shall live to manifest the secrets of God,
Spirit shall take up the human play,
And earthly life become the life divine.

CHAPTER 23 – A SUPRAMENTAL CATASTROPHE

Whenever there is a descent there is corresponding resistance. Decades ago, Sri Aurobindo recognized that humankind must go through an evolutionary crisis, a supramental catastrophe. A stage has been reached in which the human mind has made tremendous strides on the one hand, but is left hopelessly inadequate to prevent its own extinction as a species. He wrote, “Humanity has arrived at a certain stage of general tension — tension in effort, tension in action, tension in everyday life — and an over-activity so excessive, a restlessness so widespread, that the whole human race seems to have reached a point where either one has to break through a resistance and rise into a new consciousness or fall back into an abyss of obscurity and inertia.”

It is time for humanity to come of age. The supramental catastrophe is the outward manifestation of this inner process. As the Mother testified before her death in 1973, a consciousness higher than the human rational mind, the Supermind, was established in the morphogenetic fields of the Earth in 1956. Our task now is to bring it down into cellular consciousness — into the daily activities of human life.

With the descent of this new vibratory consciousness, our obsolete human structures will be demolished. Sri Aurobindo predicted that during this process there will be a transition period that could become extremely chaotic as the last strongholds of greed, fear, illusion, and darkness surface to be dispelled.

This is the same “day of purification” that has been prophesied by the Hopi, Maya, Tibetans, Hindus, Christians, as well as many mystics, prophets, and scientists throughout the ages. Sri Aurobindo

emphasized, however, that although the changes would be enormous they do not have to be catastrophic. When there is strong pressure for change from the forces of truth there are likely to be catastrophes because of the resistance and clash of forces. Yet, the supramental, he maintained, holds a complete mastery of things and carries a power of harmonization that can overcome this resistance “by means other than dramatic struggle and violence.”

Sri Aurobindo and the Mother believed that the world stage was set for an imminent supramental descent. As the Mother said in 1968, the supramental transformation is a certainty now. It will come about with a “considerable” minimum of destruction and will accelerate after the turn of the century.

With all the violence and all the possibilities of environmental catastrophe in our world today, it might be interesting to ask ourselves what further degree of destruction we might be experiencing if not for this power of harmonization! How many nuclear crises have been mysteriously defused? How many times has a brewing world war been avoided? How many catastrophic Earth Change prophecies have failed to materialize? And as the galactic superwave enters our Solar System, how many worst case scenarios discussed in the previous section of this book will be averted or modified?

In this context, I remember a time I had been living in Berkeley, California. Soon after the 1989 earthquake in San Francisco, many psychics as well as seismologists predicted that a much bigger one was on the way. A shaman friend was seeing very detailed visions of the devastation it would cause along with a specific date and time for the event.

As the word circulated, many performed rituals and ceremonies intending to harmonize their energies with that of the land. The night before the predicted date, many felt that something had shifted. At the exact time of the predicted earthquake came the news that the

Berlin wall had come down! Somehow through the unified field of intention created around the world, the powerful explosive energies within the Earth had been harnessed for a very different purpose!

Stories like this are common. I wonder if we fully realize to what extent various masters, yogis, and ordinary people in their caves, homes, and mountaintops are able to influence world events for the benefit of a human species so vigorously bent on trying to self-exterminate.

Before his death in 1950, Sri Aurobindo gave five indications that would precede the dawning of the New Era. In brief, he disclosed that knowledge of the physical world would increase exponentially, people would start becoming more psychic, there would be a concerted effort from the dark forces to maintain control, the world would move towards increasing unification through technology, and finally, many (such as Hitler) would rise up with the power to influence large numbers of people.

All these indications, in both their dark and light aspects, seem to be manifesting with increasing intensity in the world today. The collapse of an old world order seems imminent. We see signs of this breakdown throughout our social, economic, and political systems. With Pluto now in Capricorn, there is an increasing demand for all systems, forms, and structures to undergo a radical transformation in greater alignment with incoming evolutionary energies.

When I confront the ecological and political realities of our modern world, and speculate darkly on what might still lie ahead, I find myself greatly comforted by spiritual researchers like Sri Aurobindo and the Mother. Their visions and understandings emerged from the direct experience of a more expanded cosmic truth.

We cannot remain in a state of denial concerning the ecological and political realities on our planet. However, affirming the new realities that are emerging leads us along the pathway to the Age of

Light. Somewhere between an ungrounded spiritual escapism based in denial and a narcissistic preoccupation with gloom and doom, we can choose to intentionally and purposefully envision a brave new world based on the deepest truth of our being. In order to do this we must consciously face our own shadows, seek a genuine hope, commit to rebirth, and open to the light of our guiding truth.

We can only go as high as we are willing to go deep. It is often in the very depths that we find the greatest light and the power and the hope to sustain us. When we are willing to see and to embrace all of our deeply human, fragmented realities the light of grace shines upon us.

As we enter a new spiral of time, I feel that we will see increasingly rapid expansions of consciousness on our planet in tandem with stronger resistance. As I connect with my deepest truth, I know that we will make the Shift, although there could also be much chaos to come. The emerging consciousness may trigger the last dance of a polarized worldview. Yet, more than simply surviving the trauma of these times, we will transform into something far nobler as a species.

The Hopis believe the Great Purification will bring wars, hunger, disease, and Earth changes. These have already begun. We have transmuted much, however, and the transition is likely to be gentler than previously expected.

Through the power of the world soul, we have the potential to activate Sri Aurobindo's power of harmonization — abolishing the fragmentation and separation inherent in our current state of consciousness.

These are times of a great transformation of Spirit. Although many might choose to leave, vast numbers of people will choose to awaken into their spiritual mastery and merge with their light bodies. Psychic, healing, and telepathic gifts will awaken. We will learn to walk between the worlds.

As we move through these times, let us gaze beyond mere appearances to what is real. The pathway through the valley of fear is in embracing a larger planetary and cosmic perspective. As the ancient Hindu sages said, “Lead us from the unreal to the real. Lead us from darkness to light. Lead us from death to immortality!”

CHAPTER 24 – GLOBAL INITIATION

The nature of most spiritual initiations is the experience of a gradual ascent of consciousness followed by a sudden shift. It is like water slowly heating up that suddenly becomes steam. When the time is right, this shift could take place in the twinkling of an eye.

In the subatomic world, electrons spin rapidly around the nucleus of an atom. When energy is added, they suddenly jump from one stable orbit to another. It is like disappearing from one orbit and then simultaneously reappearing in the next one. This phenomenon is known as a quantum leap.

Are we preparing for a quantum leap in planetary consciousness? I suggested earlier that there are both physical and spiritual aspects to the galactic superwave. As we attune to galactic consciousness, we therefore have a role in determining how we experience the physical effects. The choice is ours. Could the same wave that is capable of inflicting extreme destruction also be capable of initiating an extraordinary evolutionary awakening?

The Mayan calendar is a good example of this. Although it was created in linear time, the calendar is based on deep insights into the nature of galactic time. The Maya seemed to understand something about the nature of the galactic heartbeat, even though they may not have known about the science of cosmic rays and interstellar dust. Perhaps they were able to communicate with a galactic intelligence that shaped the structure and timing of their calendar system. It could be they sensed what to expect based on previous pulses of this galactic heartbeat.

Our experience of time is a reflection of our consciousness. Our rational minds, operating within the framework of a three-

dimensional universe, are only capable of functioning in a linear time-based perception of the world — a historical progression of our lives from past to future.

In contrast, Sri Aurobindo refers to levels of the mind far beyond the rational mind including the higher mind, illumined mind, intuitive mind, overmind, and finally the supermind (as I discuss in more detail later). Is it possible that each level of the Mind offers a different perception of time and consciousness, thus opening us to the experience of many possible time-lines? Could these timelines exist simultaneously?

For instance, in shamanic states of consciousness the boundaries between past, present, and future begin to dissolve. When psychics and prophets tap into future events it is because they have expanded their minds into a higher state of consciousness where their sense of presence expands to include events in the future. The quality and relevance of this information, the accuracy of it even, may have much to do with the levels of the higher mind they are able to access. The predictions of Sri Aurobindo and the Mother, for instance, are made from the levels of the overmind and supermind — meaning, they were able to attune to a galactic level of consciousness, much like the creators of the Mayan calendar.

As we transcend the linear dimension of time and enter into a multi-dimensional time zone, it may become possible to enter many dimensions of reality wherein our experience of the present may embrace two or more probabilities. Like my own experience on the eve of the new millennium, as a collective we may have the choice of multiple scenarios. That is a main theme of Windrider's message.

String theory proposes the existence of 11 dimensions, most of them seemingly “curled up” in a dormant state. As the base harmonic frequency of matter undergoes a quantum shift, would this somehow uncurl these extra dimensions, allowing our bodies to transcend the current limitations of space and time?

In order to transcend linear time and third-dimensional density we must learn to transcend the level of consciousness based on the rational mind. It seems to me that this is the promise of 2012.

Explorations by Russian scientists into psychic phenomena have shown that lowering magnetic fields tends to enhance psychic abilities and distorts our ordinary perception of time. What happens when the magnetic fields of the Earth temporarily collapse? Is this a moment where we might step out of rational-minded linear time and enter into multidimensional consciousness? Could the end of the Mayan calendar be the timing key for this point of entry?

Although hesitant to make specific date predictions, LaViolette affirms the possibility that the next major galactic superwave could arrive in synchronization with the Mayan end date. If these superwaves have both a physical and spiritual aspect, this next one may be designed to open a doorway between worlds, create a shift in the base harmonic frequency of matter, and collectively push us into a vibrational state where the supramentalization of our minds and bodies manifests.

What is the precise trigger for this collective shift from linear time to multidimensional time?

Vogt and Sultan comment, "It is true that the period of time before and during the cataclysm is a terrible time for man to live. The suffering and hardship must be tremendous, but there is another side to it. If an individual has evolved to the knowledge of what existence truly is, he can evolve himself to the next higher dimension, this being the fifth or even the sixth dimension. He can do this only during the time of the reversal, when vast amounts of potential are available to him. For an evolved soul, this is the only time in which to live."1

Their book was written decades ago. They were referencing a magnetic pole reversal and its effects on humanity. Although their forecast for the planetary shift may be gloomier than my current

visions, I have been sensing that this magnetic pole reversal is the actual mechanism for triggering the multidimensional shift and even for the formation of multiple, simultaneously existing, collective timelines.

How would this work? Our bodies are electromagnetic entities aligned with the magnetic fields of the Earth. Our memories too are based on magnetic fields held within our auras synchronized with the memory fields of the Earth. This includes our personal memories, our collective memories, and so the morphogenetic field of our human species.

What would happen if the magnetic fields suddenly collapsed? Imagine a videotape recording of an event. Now run it through a strong magnetic field. The entire recording would be erased.

Most of our conscious memories are held within the linear mind, composed of all the imprints and sensory input we have received from birth onwards, aggregated into a personality. Our identity is held within the electromagnetic fields of the lower physical, etheric, emotional, and mental bodies. This is who we think we are. This is the little self that would be instantly erased during this intense time of magnetic pole reversal.

Braden refers to a Great Shift when the collapse of the magnetic fields is coupled with the increase in the Schumann resonance of the Earth. Is it possible that this shift in Earth's Schumann resonance is also the shift in the base harmonic frequency of matter, enhanced by the bombardment of high frequency cosmic rays that move through our bodies during this time of magnetic reversal?

I imagine a scenario where our linear mind-based ego identity is instantly erased in the collapse of Earth's magnetic fields. Then, as the magnetic field of the Earth reverses itself, a new memory field is activated. It is like pressing a cosmic reset button. We emerge into a soul identity that includes all the memories of our incarnations on Earth from the perspective of unity rather than separation.

We are not far from this moment of cosmic birth. In response to the deep longing of our souls, we may soon experience this quantum leap in consciousness — birthing ourselves collectively as the divine human!

CHAPTER 25 – THREE DAYS OF DARKNESS

Death is the door to immortality. Darkness is the gateway to light. There are many prophecies from around the world that refer to approximately three days of darkness endured as we transition into the new world. Don Alejandro believes this is the last and final gateway we must pass through as we approach Year Zero.

I have come to feel that these three days of darkness are referring to the time of magnetic reversal. Magnetic reversals are the key to transformation. As with the dark tunnel reported by many people who have had near-death experiences, this three-day period is the tunnel we must pass through in our journey of planetary rebirth.

Are these prophecies referring to a time of literal darkness where the Sun refuses to shine? Or are they referring to a metamorphic dark night of the soul where our personal identity eventually gives way to a soul identity? Are there elements of both?

It seems to me that just like a caterpillar going through the darkness of the cocoon in its emergence as a butterfly, we too may be undergoing some kind of metamorphosis. I can't imagine a scenario where all of Earth would be cut off from the light of the Sun unless we were simultaneously going through some kind of dimensional shift where time-space coordinates also undergo a shift.

Going through a dimensional shift would be like entering into a collective cocoon where our physical senses temporarily disconnect. This would happen not just with humans but also with all species and with the consciousness of the planet as a whole. It appears this is the mechanism for the evolutionary leaps that Felix equates with times of magnetic reversal.

Is this why we have almost seven billion people on Earth today —

so that we all get a shot at this quantum leap in evolution? We are not just referring to spiritual evolution but biological evolution. We are talking about the possibility of a newly emergent species of humanity, along with innumerable others. Such a unique event becomes possible during these times of magnetic reversal about every 12,000 years.

It is said that when Atlantis sank, those who were energetically prepared for this were able to use the incoming energies of the superwave blast to merge with their light bodies. Those who were not able to do this, or who allowed themselves to be engulfed by fear, disappeared beneath the waves to start the entire cycle of human evolution over again.

We stand once again at this same threshold of awakening. According to Windrider, the probability of collectively remaining in linear consciousness during the next galactic superwave blast, which would in all probability create large scale cataclysmic events similar to what caused the sinking of Atlantis, no longer exists.

Instead, an expansion in the base harmonic frequency of matter would create a corresponding expansion in our ability to open to higher levels of the mind, allowing us to embody more of our souls and transmute many of the cataclysmic aspects of the global Shift.

As Don Alejandro told us, “When you find yourselves in these three days of darkness, go inside your homes, close the doors, and start to celebrate. These are the times you have been waiting for.”

I believe that when we collectively move out of linear time, we will be able to consciously accelerate our own evolution. We may remain in third-dimensional reality in this or another world if we choose to continue exploring a state of polarized conflict; or, we can choose to experience increasingly more subtle, light-filled realities in fourth, fifth, or sixth-dimensional worlds.

When I am talking about dimensions here I am referring to vibrational frequencies. The third dimension has to do with linear

time and dense physical matter as we know it. The fourth is a transitional dimension that begins to shake us out from our perceptions of rigid space and linear time. The fifth and sixth dimensions provide us with experiences of multidimensional time and increasingly subtle physical substance — the realm of true matter.

Hypnotherapist Dr. Chet Snow has written a fascinating book called *Mass Dreams of the Future*. In this book, rather than regressing people into past lives, he “progresses” them into the future, beyond the time of the Great Shift, and then catalogues their experiences.

Interestingly, their experiences fall into three very distinct categories. The first group was living on a devastated Earth, foraging and living in hunting and gathering conditions similar to how it must have been after the Atlantean catastrophe when humanity had to start over from scratch. The second group either lived off-planet in space stations, or on the surface of a devastated planet in an artificially created environment. The third group lived on a beautiful green utopian Earth, completely restored. There was no crime, oppression, war, or hunger. People lived in harmony and peace with each other and with the planet.

In some of my own work as a hypnotherapist, there have been occasions when people went even further on to worlds where they experienced themselves in bodies of light. I share a couple of these transcripts later in this book.

Could these be examples of what we are calling third, fourth, fifth, and sixth-dimensional timelines? Individuals may be able to choose vastly different realities after the Shift, in accordance with their inner soul choices.

Do these dimensions roughly correspond to Sri Aurobindo’s vision of future human evolution? Does the fifth dimension represent the birthing of the divine human, and the sixth the advent of the

Supramental Being? It seems to me that the magnetic reversal would initiate our experience of these higher dimensions of reality, whether this happens simultaneously in a multiple worlds scenario or progressively in evolutionary stages. All of this would be assisted through the power of harmonization that Sri Aurobindo discussed.

If enough of us are able to ascend to this level soon enough, this power of harmonization could bring about Windrider's best case scenario—a complete and immediate collective transformation of Earth and humanity into a frequency of matter fully capable of holding the vibrations of soul. If this works, this could trigger the hundredth monkey phenomenon, where we ascend together as a planetary collective into a higher-dimensional timeline of human consciousness!

If we are not quite ready for this collective transformation, the magnetic reversal could initiate a many worlds scenario, splitting our third-dimensional space-time coordinates into several simultaneous timelines, each one vibrating to a different dimensional frequency, and each of us given a choice of which timeline would best serve our continuing evolution.

When is this likely to happen? Most researchers that I have referred to in this book will not give specific dates for the manifestation of their respective scenarios, although the consensus is that this could be relatively soon. Given the current state of affairs, I see the upcoming global Shift as a sign of enormous hope. Many informed people around the world intuit that we cannot endure another ten, twenty, or fifty years without exterminating ourselves and our precious planet. Most have become quite pessimistic regarding our ability to turn things around in time.

The conclusions that we are making here are not about death and destruction, which would inevitably happen anyway if we continue on our current course. Rather, I have visions of hope and beauty beyond imagining. This is especially true once we discover how

much power we hold within our own hands to determine our personal and collective future.

CHAPTER 26 – THE MANY FACES OF HOPE

There are times I feel a deep sadness about earth ways. We have wrapped ourselves in a tight net of belief systems and conditioned behaviors that are slowly destroying our collective soul. I remember in some buried part of my cells how it used to be, our relationship with nature, our relationships with each other, the sacredness of life springing alive and fresh each moment. In our insecurities and fear, resigning ourselves to the fear of death and restriction of form, we have lost the spontaneity of life.

The Sioux warriors had a saying. When they gathered together around the evening fires to sing and dance with their women and children — celebrating the simple events of their lives — they would tell each other, “It is a good day to die.” And when they rode out to battle, not knowing if they would see another sunrise on the prairie, or live to watch their children grow up, they would remind each other again, “It is a good day to die.” Life was good, overflowing with beauty and lived fully. As they welcomed their life, so they would welcome their death.

Somehow, when I was young, I was convinced that I would not live beyond the age of 30. So I decided to live my life as fully as I was able, so that when the time came for me to die, I would have no regrets. My greatest fear was not that I might die, but that I would not have fully lived. So I decided to live as fully as I could. Going to the edge of my boundaries, I literally fell 200 feet off of a waterfall once, and survived. The experience opened me up to the spirit worlds. By the time I got to my thirtieth birthday, still incarnate in this body, I learned that it was also a good day to live!

Death and life go hand in hand. Don Juan, the Yaqui medicine

man popularized by Castaneda, spoke of keeping the awareness of death ever-present at your left shoulder so as to live in total awareness of each moment. Are we willing to enter into our fears of death deeply enough to recognize our fears of change? Could it be that our fears of change are what hold us back from being fully alive?

For many of us, things are changing too quickly and it is not easy to keep pace. Our finances, our health, our relationships, and our ability to trust ourselves or the universe seem to be increasingly falling apart. We spend our lives looking for security. Yet in a world of increasing chaos, this is not so easy to come by. It all comes down to trust. How do we trust, whom do we trust, and why?

If this is your first time encountering some of the material in this book, I imagine that you could be experiencing a crippling combination of shock and fear. There is so much fear and uncertainty in our lives already. We have fears of making ends meet, of raising kids in an increasingly violent world, of losing someone we love, of intimacy, of being alone, of not having what we want, of getting what we don't want.

There are fears of being controlled by somebody else. We have all had religions, governments, parents, partners, or various authorities tell us what we can or cannot do, what we should or should not feel, and what to believe. There are also fears of having to think, feel, or act for ourselves. There are fears of failure, fears that we are not good enough, or don't know enough, or don't feel enough. There are fears of our own unhealed darkness.

Ultimately, as Marianne Williamson so eloquently reminds us, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us."

On a global level, the realities portrayed by our news media are becoming increasingly fearful. Some of the things not covered in the

mass media, as described in this book, can be even more fearful. Yet as we take the time to connect with our light, open our minds to the big picture and our souls to new possibilities, these same events can be cause for great celebration and joy!

I have spoken often in my groups about averting the Earth changes through our collective intentions and prayers. While I believe this perspective has validity, we cannot pretend to understand what evolutionary transformation must look like. There are certain cycles of death and rebirth that serve our evolutionary growth, and this next cycle of evolution may be accompanied by a massive dissolution and restructuring of our planetary realities, including some degree of economic, political, and Earth changes.

The easiest way to make the transition is to understand it from an evolutionary perspective so we can choose to joyfully align with the process rather than resist in fear and contraction. With all the apparent realities of terrorism, war, tyranny, and catastrophe in the world today, it is still possible to live with increasing fearlessness, excitement, and joy.

My hope for the world comes from a place deep within me that understands fear and denial, yet no longer lives there. As long as we are in denial we can see neither darkness nor light, and I see that many of us are on a journey of fully embracing our fears so we can release our illusions.

Once we understand the nature of illusion, we realize that anything we perceive as a “threat” from the outside, whether it is Earth changes, terrorism, political repression, or war, are ultimately our personal unowned shadows being reflected back.

As Ramesh Balsekar wisely reminds us — if we are not identified as the doer, there is nothing to fear. There is no blame, no guilt, no shame. All is unfolding perfectly according to a cosmic plan. We can always find something to feel guilty, fearful, or regretful about, if we so choose; or, we can simply let go of our need to control events, and

decide in that moment to be free.

Paradoxically, once we are no longer identified with the doer, creation happens by itself. Magnified a hundred times over as a transcendental unitive power, creation overshadows these puny body-mind organisms and acts through our surrendered egos. The trickle of our own limited capabilities expands into a dancing river of evolutionary possibilities.

Once that understanding comes, we can choose with the enormous power of the newly emerging world soul to co-create a new unified reality. Beyond any outer appearances, even beyond any cosmic or planetary cycles, we are each responding to the supramental descent, the in-breath of God, the return of all things back into Oneness.

Ancient prophecies, along with contemporary indigenous voices, inform us that we stand at the doorway of a massive Shift of the Ages. This could mean climate changes, magnetic pole reversals, geographical pole shifts, shifts in consciousness, or all of the above. It could even be a dimensional shift, the end of time as we know it. Beyond this doorway, according to the Maya, nothing is known. It is a blank slate and we hold the chalk in our hands.

Meanwhile, Sri Aurobindo and the Mother tell us that a supramental transformation is imminent, and describe what this might look like. Will the human race rise up together into this experience and rebuild the earth according to our highest collective dreams?

In Savitri, Sri Aurobindo writes:

... I saw them cross the twilight of an age,
The sun-eyed children of a marvelous dawn,
Great creators with wide brows of calm,
The massive barrier-breakers of the world,
Laborers in the quarries of the god ...
The architects of immortality.

Into the fallen human sphere they came,
Faces that wore the Immortal's glory still ...
Bodies made beautiful by the spirit's light ...
 Carrying the Dionysian cup of joy,
Lips chanting an unknown anthem of the soul,
 Feet echoing in the corridors of Time.
High priests of wisdom, sweetness, might, and bliss;
 Discoverers of beauty's sunlit ways ...
Their tread one day shall change the suffering earth
 And justify the light on Nature's face.

CHAPTER 27 – THE NOOSPHERE, CROP CIRCLES, AND CRYSTAL CHILDREN

Sri Aurobindo refers to four stages of human evolution, culminating in the supramental human. This vision has been mirrored in the insights of many others within the past few decades.

Pierre Teilhard de Chardin was a paleontologist and Jesuit priest. In the middle of the last century, he proposed that humanity is evolving to an Omega Point, where a new consciousness — which has been percolating within an outer region of the Earth's atmosphere known as the noosphere — would be manifested. This would result in a new species of humanity capable of manifesting Christ Consciousness.

This concept of the noosphere links closely with Rupert Sheldrake's morphogenetic fields — intelligent fields of form that are capable of reproducing themselves. These form-generating fields govern the evolution of all species, as well as of Mother Earth herself.

There comes a time in the gradual evolution of a species when it is ready for a quantum jump. It is similar to when a nerve cell prepares to transmit information across an intervening synapse to a neighboring nerve cell.

Impulses accumulate at the synapse, until suddenly it pushes past a critical point at which the nerve cell fires and information gets carried past the synapse to its destination. The hundredth monkey phenomenon, popularized by biologist Lyall Watson, is an example of what happens in a biological species when this critical mass is activated.

The information for the collective evolution of humanity is held

within the morphogenetic field of the noosphere. It becomes available in incremental steps as we become ready for it. According to Teilhard, the noosphere is located in physical space within the ionosphere, which surrounds the biosphere of our planet. At this high altitude, it is extremely responsive to cosmic rays and gamma ray bursts in the early stages of their entry towards Earth.

An enigmatic phenomenon has been taking place over the last couple decades that may well be related to new activity within the noosphere. This is the phenomenon known as crop circles which have been occurring all over the world, and especially in Wiltshire county in the south of England.

There has been much conjecture regarding who the circle-makers are. Leaving out obvious fakes (such as the Doug and Dave variety), the circles are attributed to sources ranging from extraterrestrial beings to fairies to a sort of collective earth intelligence.

One theory for the origins of crop circles involves plasma tubes in the ionosphere. According to this theory, as shared by Geoff Stray in *Beyond 2012: Catastrophe or Ecstasy — A Complete Guide to End-of-Time Predictions*, the crop circles are created through an interaction between magnetized plasma bands within the ionosphere and information imprinted within the noosphere.

Our collective human memory as well as new evolutionary potential is imprinted as an akashic record within the noosphere. We could perceive it as a three-dimensional photographic plate for recording all the information that has ever existed in the past as well as genetic codes for our future evolution. Through the action of plasma tubes, this information can be out-pictured to create crop circles with the purpose of activating these codes in human and planetary consciousness.

Most of the recent complex circles have been seen in Wiltshire county, England. Wiltshire is composed of mostly chalk which can hold a lot of subterranean water. This creates a negative charge

capable of attracting this form-creating plasma (similar to a lightning conductor). When the conditions are right, the noospheric plasma creates an intense magnetic field, which instantly manifests in the geometries of a crop circle.

Curiously, the activity of crop circles has existed for the same duration as the increase in cosmic dust in Dmitriev's observations of the Solar System.

In this regard, I would like to share a personal story. My interest in crop circles inspired a trip to the UK in July 2007. I wanted to experience them for myself. I had heard many stories of people coming together to visualize a certain theme which would show up as a crop circle soon afterwards.

I arrived in England on July 16 and immediately took a train down to visit some friends who lived not far from Stonehenge. A beautiful reunion, we caught up on each other's lives. We decided to experiment with asking the circle-makers to create a butterfly formation, which for me had become the theme of our collective awakening process. We remained in quiet meditation for a while.

I remained in the UK for a couple weeks afterwards. Busy with other things, I soon forgot about the (seemingly failed) experiment.

Two months later I was in the south of France offering a four-day seminar. One of the participants had a copy of a Nexus magazine, which included an 8-page color foldout of recent crop circles from the summer season. Imagine my surprise when I opened to a beautiful butterfly formation made exactly on July 16 in Hailey Wood, Oxfordshire!

Human bodies, like the chalk formations of Wiltshire county, contain significant amounts of water and are capable of attracting the same plasma imprints from the ionosphere. Any morphogenetic field of evolutionary possibility can therefore be received through the subtle energy fields of the human body.

Is this why there is such a spontaneous awakening happening for

so many people around the world today? Could it be that our subtle energy bodies are being prepared to more easily receive these genetic codes from the evolving noosphere so that the morphogenetic field of a supramental consciousness can eventually descend into human form?

New possibilities are beginning to manifest all over the world through many different forms through many different traditions. They are also manifesting spontaneously outside of any tradition. Many people are starting to experience kundalini breakthroughs, spiritual openings, vivid dreams and visions, and cellular changes within their bodies, all of which signal an initial collective supramental descent.

The new generation is particularly open to these budding possibilities. Modern mythological heroes, such as Luke Skywalker, Harry Potter, and the X-men, are opening doorways for them to trust in their own emerging gifts. Many teenagers and young children are exhibiting very unusual, and oftentimes challenging, perspectives and capabilities.

I often hear from so-called crystal kids who are capable of doing “miraculous” things with ease — affecting the weather, predicting the future, telepathy, healing people and animals, and communicating with interdimensional beings. For the most part, despite these gifts, they feel quite powerless and isolated in a world dominated by the limited perceptions of the rational mind. However, they represent the first phase of a new species.

CHAPTER 28 – EMERGENCE OF THE BUTTERFLY

I have a friend in Colorado whom I will call Joe. At one point in his life, he underwent an intense exploration of Eckankar, a system of soul travel. We often met to share stories and perspectives of life. One day he shared with me some strange events he had experienced during a period of profound spiritual opening.

Walking down the street, thinking of a girlfriend in New York, he found himself entering a profoundly altered state of consciousness. Suddenly, he discovered he was on the streets of New York. It took him some time to acclimate to this new reality, but just as he was getting used to the fact that he had somehow transported himself in his physical body, he realized he did not have any money or credit cards on him.

Then, just as suddenly, he was back in Colorado. For the next two weeks he remained in a state of consciousness where he could think of going someplace, and start walking. At a certain point a dimensional doorway would open up and he would be transported there.

One day he decided to see if he could take somebody else along. He invited his friend to do an experiment. His friend agreed, but in the moment of engaging the transporter beam, he became frightened and pulled back. In fact, he was so shaken by the experience that he turned on Joe and had him committed to a psychiatric ward. In order to get him back to “normal” they placed him on anti-psychotic drugs.

Another friend of mine, Julian, was stopped by the highway patrol one day. They found a small amount of marijuana on him and carted him off to jail where he was to serve a three-month sentence. He had been practicing Drunvalo Melchizedek’s merkaba meditation for

activating the light body.

As he continued to do the merkaba practice in his jail cell, he suddenly found himself out in the woods near his home. Petrified that the authorities would come after him as an escaped prisoner, Julian hid out. Just before his sentence was to expire, however, he found himself back in jail. They were as shocked as he was and questioned him about where he had been. Further investigation, though, would have taken them into unfamiliar and uncomfortable territory. They chose to let him go.

I hear many such stories as I travel, including stories of incredible healings. My close friend Patricia once attended a forty-day healing camp near Mt. Shasta, California. She was coming down the mountain with some other friends when their car flung out of control around a sharp bend. It collided with a tree and everyone was thrown out.

As Patricia hovered in and out of her body, her spine broken in 6 different places, she saw a policeman approaching her. “Would you like to live or die?” asked the policeman (whom she later identified as possibly St. Germain). She said it didn’t really matter. She was happy to go, but if there was something she still needed to do on Earth, she would stay. “So be it,” he said, and disappeared.

Patricia reports that one half-hour later the real policemen showed up. They airlifted her to Sacramento where the doctors examined her injuries. They told her she would never walk again. As the nurses were about to lift her from the gurney to her hospital bed, Patricia warned that she would probably scream and scratch them in her intense pain. Just then, very dramatically, the door flew open. An African-American man with a wild afro hairstyle in a nurses’ jacket demanded that the nurses step back.

Introducing himself to the nurses, he explained that he was new on the floor that shift. He told Patricia not to worry; he was working on a new, pain-free technique for lifting patients. He was writing a book

on it, even. Gently, he picked her up like a baby and put her on the bed. Indeed, she felt no pain.

He visited her daily. He never took her blood pressure, her temperature or did any of the routine tasks of a nurse. He only talked to her about God and about the meaning of life on this planet — to love. In fact, he said, the very nature of our existence is love.

Although she was expected to stay in the hospital for up to six months, she was out in two weeks. When she returned to the hospital to thank this nurse whom she called her angel, she was informed that he had left the very same day that she left. No one could remember his name nor did they know where he went.

A few years later when Sai Baba came into her life, she recognized his picture and realized that it was he who had shown up as the nurse in the hospital. His presence had created an enormous vortex of healing. Her body, incredibly, had taken on so much healing light that it tanned! When I met her a year later, she was walking, running, and skiing without any trace of injury or pain.

I believe that these kinds of phenomena are much more widespread than we realize. Many people have had these kinds of experiences but don't know how to interpret them. Therefore, they either repress them from conscious memory or refuse to share them with others out of fear of being considered crazy.

The morphogenetic field of possibility is growing. Our experience of time is changing and our ability to experience higher states of consciousness is increasing. As we become increasingly receptive to higher frequencies of energy, however, it often feels as though we are losing our minds and our memories. This also has to do with the ongoing collapse of the geomagnetic fields.

As I travel with my seminars, I often ask how many people feel this way. Usually, every hand goes up. This sense of losing our minds seems to be an integral element in the process of transformation. We are literally losing our minds in order to arrive at

our senses. We are beginning to move out of linear consciousness into multidimensional consciousness. However, the no-man's land in between can be quite disorienting.

A beautiful example of this is the journey of a caterpillar as it becomes a butterfly. The caterpillar is happily munching away on leaves when suddenly new cells, known as imaginal cells, start to form. The caterpillar's immune system tries to protect itself from the invading cells, but there are soon too many.

Overwhelmed, the caterpillar cocoons. Its DNA transforms as these imaginal cells take over. The cells reorganize the entire body until eventually the butterfly template is created. One day the butterfly breaks out of its cocoon on wings it had never before known.

Our bodies are going through a similar process in response to the galactic energies beginning to bombard our planet. The timing is different for each person, but, in some way, we are all starting to experience this transition into a cocoon stage. New DNA codes are being activated, and each of us is being called to transition through the birth tunnel of a new world.

Many spiritual channels talk about a conversion to 12 strands of DNA. Although I have yet to see any scientific evidence for this, I do feel it is true that previously dormant genetic codons are being turned on.

Scientists tell us that only 3-5 percent of our DNA is actually useful. The rest is considered "junk" DNA. What if this isn't just a waste pile of genetic material, but rather the raw material for creating the divine human? Some biologists are considering that this so-called junk is actually a set of dormant programs. Sri Aurobindo referred to us as a transitional species. Could it be that we are individually and collectively preparing to enter through the cocoon and emerge as a human butterfly?

A caterpillar's journey through the cocoon stage is not easy. It

involves a complete dissolution of its previous consciousness and even its physical body. Likewise, we can expect to experience compromised immune systems and various levels of physical and emotional stress as our own DNA transforms.

Although this is happening spontaneously to people everywhere, it may

be especially true for those actively pursuing a spiritual path and practicing to awaken their kundalini — the subtle currents of life energy that lie dormant in most of us, and that, once activated begin to unify soul consciousness with physical consciousness.

Possible symptoms of this process of awakening include headaches, joint pains, heart palpitations, dizziness, frequent fevers, hot and cold flashes, immune system breakdowns, states of extreme tiredness or extreme restlessness, psychic openings, and vivid dreams. Sometimes these symptoms are accompanied by feelings of cosmic union; other times by feelings of intense agony and separation.

All of this is an essential stripping down of an identity based on the rational mind, or ego, in preparation for our journey into the divine human, and perhaps many generations later, the supramental human.

This physical and emotional clearing is sometimes known as the dark night of the soul, and serves to set us free from outer dependencies. It puts us in touch with an inner process where the mind begins to let go of limited perceptions, false conditioning, and illusionary certainties. As we allow our souls to take over, a deep transformation begins.

For those who may be familiar with astrology, Pluto entered into Capricorn in February 2008, and will remain there for many years. This implies a breakdown and transformation of all forms and structures, including physical bodies, planetary ecosystems, political systems, and the global economy. It will be interesting to observe how we experience this transit in our journey onwards.

I referred earlier to the theory that crop circles are created through the activity of magnetized plasma as it is imprinted with intelligent information from the noosphere. What happens to the wheat growing inside these crop circles? Geoff Stray, in an appendix to *Beyond 2012*, refers to the long-term effects of this magnetized plasma on crops within the vicinity of a crop circle.

In an immature crop, he points out, the plant develops normally, but never develops any seeds. In a young plant in which the seeds are already forming, it will develop smaller with reduced germination. But in mature plants with fully formed seeds, the magnetized plasma generates a massive increase in growth rate and in vigor. If we apply this to the dimensional transformation that we are about to undergo as a species, it may be an example of how the increase of incoming cosmic rays can affect us at different stages of spiritual preparation. Perhaps it points to a mechanism whereby different dimensional realities could be created.

Those who are spiritually immature, locked into a worldview based on ego-dominance, would move into a corresponding dimension of conflict and catastrophic outcome. Those between would experience something, well, between. But the greatest increase would come for those whose hearts, minds, and bodies could effectively use the energy to transition into an ascended level of consciousness.

This next species of humanity has been called by different names by different people. Teilhard de Chardin referred to the Christed human, while Sri Aurobindo speaks of the divine human. Barbara Marx Hubbard calls this new species homo universalis, while Peruvian shamans tell us we are birthing the homo luminous. Others refer to galactic humans, quantum humans, and the sun-eyed children of a new dawn.

We are probably closer to this new species than we realize. The birth tunnel is dark, painful, and chaotic. Regardless, there is a

power pushing us forward that is beyond our ability to understand.

There are at least two stages of human evolution still to come. Beyond the divine human is the supramental human. As Georges van Vrekhem quotes the Mother, the supramental human is “a true being, perfect in proportion, very, very beautiful and strong, light, luminous or else transparent. It will have a supple and malleable body endowed with extraordinary capacities and able to do everything; a body without age... a transformed body such as none has ever imagined.”¹

A supramental body is composed of substance that is different from ordinary matter, emphasized the Mother. Supramental substance is charged with supramental consciousness. It is not susceptible to aging, disease, or death. While carrying a greater density than ordinary matter, it is subtle, supple, and refined enough to hold the enormous power of creation. It can travel from place to place instantly and allows one to be present in several places at the same time. It concretely expresses divine attributes such as omniscience, omnipotence and omnipresence.

A supramental body operates according to entirely different laws of the universe, much more akin to what science has attributed to the world of quantum physics. Here, finally, is the realm where all experience of duality and separation becomes erased within the field of matter, where creator and creation become one. This, according to Sri Aurobindo and the Mother, is the next stage of our human evolution!

CHAPTER 29 – GROUNDING THE VISION

Our journey from caterpillar to butterfly takes us through the chrysalis, an in-between stage where we are neither here nor there. The big picture of cosmic evolution is useful as we travel through this birth tunnel. We are not yet there. We must take clear and immediate steps in the here and now to prepare for this. How do we ground this cosmic vision in the context of our present-day world?

When we can hold a clear grounding in current reality, just as it is, and also a profound vision of highest possibility, a strong dynamic tension stimulates the creative process. Most people tend towards one or the other of these two poles of the creative process and thus minimize their effectiveness. In order to become agents of change, we must have both a solid footing in current realities and a clear vision of future possibilities.

A vision of possibility without a strong grounding in current reality leads to passive, ungrounded dreaming. Conversely, a strong grounding in current reality without a clear vision results in stagnancy. In such a state there is nothing to hope for and nothing to move toward. One is left endlessly spinning in the realm of the problem.

Einstein once reminded us that we cannot solve a problem from the same level of consciousness that caused the problem. Can we instead look at the big picture of planetary evolution and use it to fuel new possibilities in our current response to global crisis?

If we know the nature of the energies moving towards us, can we assemble our leading visionaries, scientists, and most dedicated policy makers to harness this energy (rather than being helplessly inundated by it)? If we understand the mechanics of the

transformation at hand, could we not prepare ourselves as individuals more effectively to surf the wave?

With the exception of a small group of influential people still locked into control dramas, I believe that most of humanity is rapidly tiring of a world controlled by greed, separation, and war. More people are responding to the call of their souls. More are starting to discover the big picture. Each of us holds a thread in a grand loom; a note in a beautiful song of awakening. How do we blend these together? We are preparing for a quantum leap in our evolution that will give rise to a unified world soul — a global brain within the body of Gaia. How can we facilitate this emergence?

Many years ago, when I still lived in Mt. Shasta, my friend Barry Martin and I conceived of a chrysalis network for catalyzing the emergence of this new world.¹ Over the years we have continued to collaborate on manifesting this vision. In an increasingly interconnected world, it seems obvious that we cannot remain isolated and evolve further. Quantum physicists need to speak their deep understandings of natural law within the structures of global politics; industrialists and politicians need to become fully aware of the impact of the free energy revolution on shaping a new global economy; inventors need to appreciate the impact of such technologies on healing our environment; environmentalists need to work more interactively with policy makers; and healers need to understand the implications of new medical research.

A wise new spirituality that is relevant to the challenges and opportunities of these times needs to emerge among us to usher us beyond the confines of religious dogma into the dawning Age of Light.

Likewise, new paradigms in childbirth, parenting, business, education, architecture, farming, community-building, healing, psychology, science, technology, and politics need to be explored more fully. Inspired visionaries need to be funded by philanthropists

who have the good of the planet at heart, and inspired ideas need to be disseminated through music, art, gatherings, books, and the media networks in a way that can reach the masses. Millions of cultural creatives around the world, each with their own unique gifts and skills, are waking up. They are coming together as one heart and mind under the guidance of a single, emerging planetary soul that seeks to inspire our collective potential.

We have discussed the possibility of a huge dimensional shift to come. It is by no means certain what this will look like or how we can best prepare for this. An essential role of this global think tank — which includes geologists, astrophysicists, mystics, politicians, futurists, prophets, shamans, and historians — would be to guide our passage through these times of transition with grace, ease, and understanding.

Earlier in this book, I attempted to make a connection between the spiritual aspects of LaViolette's galactic superwave and Sri Aurobindo's supramental light. As conscious beings, our own choices and perspectives make all the difference. I believe that this process involves feedback loops between collective humanity and a galactic intelligence, which shape our physical encounter with this galactic phenomenon. Our collective density level will determine how we experience the chain of effects following the coming galactic superwave.

It may be too much to hope that the whole of humanity will be ready for this superwave in time to avoid at least some degree of catastrophe. However, I derive hope from the findings of Dr. David Hawkins, a psychiatrist who devised a method capable of measuring the frequencies of human consciousness through applied kinesiology. Hawkins' scale of consciousness spans 0 to 1000, with a turning point around 200 where we move from self-destructive to life-enhancing traits and tendencies. At the bottom of the scale is guilt and shame, progressing up through apathy, grief, and fear, to anger,

pride, and finally, at level 200, to courage. Above this line, beginning with courage, we ascend to neutrality, acceptance, reason, then love, joy, and peace. Finally, from level 700 onwards, we explore various stages of enlightenment. The journey up this scale is what constitutes our spiritual evolution.

Even though the average human consciousness on the planet today is still below 200, the collective human consciousness is above this line. This is because each person vibrating to higher consciousness on this scale counterbalances many others on lower levels of consciousness. The scale advances logarithmically. Thus, one person vibrating at love, 500 on this scale, counterbalances 750,000 individuals below the line; while one enlightened person at 700 can counterbalance 70 million below the line!

As we connect with the galactic consciousness within our own being — whether individually or in think tanks and small groups — we begin to activate these feedback loops. I believe that we are fast approaching critical mass on this consciousness scale. Once we do, we can use this enormous wave of evolutionary energy to collectively birth ourselves in a quantum leap of consciousness. Are we ready?

PART IV - TRANSITION

Our lives, our past and our future are tied to the sun,
the moon and the stars... we, who embody the eyes the ears
the thoughts and feelings of the cosmos, have begun to
wonder about our origins, star stuff contemplating the stars,
organized collections of ten billion billion billion atoms
contemplating the evolution of nature... Our loyalties are to
the species and to the planet. Our obligation to survive and
to flourish is owed not just to ourselves but also to that
cosmos ancient and vast from which we spring.

We are one species.

We are star stuff harvesting star light.

—Carl Sagan

CHAPTER 30 – AN EVOLUTIONARY LEAP

In the past few chapters we have been laying the theoretical groundwork for a profound planetary shift. Amidst ecological ruin, financial collapse, political breakdowns, personal traumas, and social upheavals around the world, there is clearly a powerful evolutionary process at work.

We have looked at this evolutionary process in terms of long-term cosmic cycles of approximately 12,000 years (which may also be linked with the precessional cycle). We have seen how galactic superwaves, long-term solar cycles, ice ages, and magnetic pole reversals all seem linked together in this evolutionary process. We have seen how a gradual period of evolution is usually followed by sudden and dramatic quantum shifts as we move from one cycle to the next and one world age to another (roughly corresponding with Yuktswar's model of the four yugas). We have seen how mystical consciousness can play a part in predicting, mapping, and facilitating these changes. We have examined Sri Aurobindo's vision of the supramental descent as a key element in a co-creational process of birthing the new earth.

As we look back over the past few years it's very clear that things are accelerating. Fluctuations in the magnetic field are getting stronger. This is evidenced by recent phenomena such as thousands of birds dropping dead from the skies, entire colonies of bees disappearing, and the periodic beaching of vast numbers of whales and dolphins.

The fluctuation and drifting of magnetic poles is usually a prelude to magnetic reversal. At the rate of approximately 40 miles a year, the magnetic north pole is drifting from its current location in North

America towards Siberia. Airport runways around the world have had to be recalibrated to reflect this drift.

As we drift closer to a magnetic pole reversal, it is likely that we will simultaneously experience a reset in human and planetary consciousness. As Felix has described, there is a link between magnetic reversals, ice ages, and evolutionary leaps. The stage is already set for massive changes ahead — the magnetic reversal is already starting to happen, a mini ice age has already begun, and an evolutionary shift will inevitably follow.

Don Alejandro emphasizes that although we do know it will be soon, we cannot predict the timing of Year Zero as an exact date. It is much like predicting the birth of a child.

Birth is a beginning, not the end of a cycle. Once a child is born it takes a lifetime to fully mature. Year Zero represents not so much the end of the world as the beginning of a new cycle. How can the new consciousness emerging from the Shift shape the new world to come?

It is truly a miracle that life on our beautiful planet exists at all. If our planet were a little further away from the Sun, it would be too cold to sustain life. If it were just a little closer we would burn to a crisp. If the force of gravity were a little stronger, then galaxies and planets would not have differentiated from the original cosmic soup. A little weaker and we would be drifting out into the coldness of space forever.

There are hundreds of such narrow parameters that shape our existence within the fabric of life. As James Lovelock, Peter Russell (*The Global Brain*), Rupert Sheldrake (*A New Science of Life*), and other scientists have affirmed, the very fact of our existence here on Earth is truly a miracle. The probability that we as humans could have evolved simply by chance to the point where we could be asking ourselves this question is in the order of 10^{50} , a mind-boggling 10 followed by fifty zeros!

So how did all this happen? Is there a God, some Great Cosmic Architect, who created all of this in the beginning of time, including all the laws of the Universe, and set it to run like clockwork? Did it all happen randomly or through some yet unknown principle of evolution?

There is a new theory of everything proposed by physicist Robert Lanza known as biocentrism. In Biocentrism, Lanza and co-author, Bob Berman, assert that the creation of the universe, of space, time, and matter, did not happen by chance or by a single act of creation. We, the observer, create time and space and the laws of nature. We create not only what is yet to come, but our perceptions of what has past.

In esoteric language we could rephrase this to say that we ourselves are the creator gods through which evolution happens. Our higher selves are one with creator consciousness, and we are constantly creating new possibilities through our unified thoughts and intentions.

LaViolette, in his theory of continuous evolution, equates new creative possibilities with the active phase of the galactic heartbeat. In this active phase massive amounts of cosmic and gamma rays are ejected from the galactic center in periodic bursts. The rays stream out through space as galactic superwaves. Could it be that the next galactic superwave is already beginning to move through our Solar System, initiating the physical events leading to an intense acceleration in our evolutionary potential? Is this what Sri Aurobindo's supramental descent of light is all about?

And if we are birthing a new world, how does this effect the daily functioning of our lives here on Earth?

In the following section I would like to explore how the evolutionary force moving through our planetary consciousness might be influencing our sciences and technologies, our religions and psychologies, our social relationships, and our economic and

political systems.

Maybe there are no fixed outcomes — no single set of probabilities for the future. We can choose to create whatever timelines we wish based on the infinite power of our creator consciousness. Our beliefs and perceptions shape our reality. As we envision, so we create. The question is not so much what kind of world we will passively inherit, but what kind of world do we now choose to create.

CHAPTER 31 – GAIAN TECHNOLOGIES

There is a direct relationship between what fuels us on the inside and what fuels us on the outside. The petroleum industry provides for most of our energy needs today. Harnessing ancient sunlight trapped underground from a million years ago, petroleum is non-renewable, polluting, and expensive. It concentrates power in the hands of the few and leads to competition, corruption, and global strife. As a source of energy, it is entropic—it creates increasing chaos as it breaks down.

There are other forms of energy that are clean, renewable, and inexpensive. What is more, they are what I call syntropic—they work in harmony with universal principles, and therefore keep the cycle of creation balanced. There are three categories of alternative energies I would like to discuss here.

The first category consists of various forms of increasingly popular alternative power sources such as sun and wind-generated electricity. Progressively efficient forms of solar cells are being developed every passing year. More and more automobiles are powered by clean fuels such as CNG (compressed natural gas). Electric cars, hybrid cars, and even water-powered hydrogen burning cars are becoming available. Wind, tidal and geothermal energies are being harnessed. When most people talk about alternative energy sources, this is the category they are referring to.

Then there is the category of free energy devices. Barely a few decades ago the brilliant Yugoslavian-born scientist Nicola Tesla offered the world a technology based on tapping the energies of the ionosphere. This meant that each person, using his or her own conversion unit, could power all their energy needs (at least as far as

stationary power went) without cables, poles, or monthly bills.

Tesla's work was largely suppressed by power companies, oil companies, and various other controlling interests. Then came zero point technologies, hydrogen fuel cells and cold fusion, bloom boxes, plasma converters, and global scaling, all based in the renewed understanding of mysterious new energies that modern science was beginning to discover.¹

I once knew an inventor in Florida who had developed a gravity machine capable of converting gravitational energy into kinetic energy. A very portable unit, he used it in his home to run his appliances and in his car when he wanted to go for a drive. While working on his prototype, he discovered that the prostate cancer he had been suffering from suddenly disappeared. He wondered whether this may somehow be connected to his gravity machine and invited some of his acquaintances over who had been suffering from myriad other ailments. He found, incredibly, that these soon disappeared.

Why were these technologies never made public?

There have been innumerable inventors over recent decades whose discoveries have been systematically suppressed, whose laboratories have been destroyed, and sometimes, whose lives have been terminated, in order that such technologies not compete with the power and oil monopolies. Greed as well as the lust for power and control certainly have a role to play in the suppression of free energy technologies.

There are other reasons as well. Anything that is manifested out in the world has its source and reflection in human consciousness. As long as collective humanity is held in separation and functioning below the 200 mark on Hawkins' scale of consciousness, we cannot help but out-picture our own inner chaos and imbalances in the natural world—gobbling up natural resources, polluting the Earth, and creating entropy wherever we go.

Where do we go from here? If we are talking about a time of Shift — a time of embodying spiritual consciousness in bodies of matter — can we expect something altogether new to emerge in the field of technology as well?

Einstein said that we cannot hope to solve a problem from the same level of consciousness that created the problem. But what happens when we begin to awaken the global brain where we expand human consciousness to merge with a planetary consciousness?

I believe that once we begin to awaken to our divine creator potential, the free energy revolution will quickly replace our current primitive sources of power and energy. Not only that, we will begin to connect with a third category of technologies — what I call Gaia technologies — which will allow us to begin creating a heaven on earth.

Lovelock's Gaia hypothesis is based on his understanding that the Earth functions as one single, interdependent, living organism. This is true on more levels than we can physically observe. I have come to experience that the web of life we know as Gaia extends into non-physical levels as well.

Most indigenous people around the world still honor the invisible forces of the natural world that we generally refer to as nature spirits, devas, fairies, archangels, dragons, or elohim. These are forces that do not necessarily have a place in conventional science but which readily make their presence known to those who are willing to seek them out.

As we develop a relationship with these forces, we can embark on a journey of co-creation that could rapidly reverse the ecological destruction of our planet and reveal new possibilities for fulfilling our evolutionary potential.

It seems to me that humans act as cosmic conductors in the planetary web of life. When we cut ourselves off from divine light, we become a cancer on the face of the Earth. However, as we

connect with this divine potential we can help Gaia evolve to her own highest potential as well. Our nervous systems are capable of accessing higher vibrations of light for the benefit of all creation.

What happens when we work in harmony with the invisible forces of nature? Communication with garden spirits through communities such as Findhorn and Perelandra are increasingly well known today. More and more people are also beginning to experience the enormous potential for Earth healing in their interactions with vast elemental presences that we might refer to as archangels, Elohim, or dragons.

The movie Avatar is a beautiful portrayal of a race of people who, living in profound harmony with nature, have become dragon riders. They have learned to interact with elemental energies and to merge their essence with the web of life. This is so different from our current culture where we are trained to fight and kill our dragons (which are the symbol of our own feminine beauty, and the power of the Earth).

We may find that once we experience this connection with the web of life, all the outer technologies we have come to rely on are pale reflections of corresponding inner technologies that are clean, syntropic, virtually unlimited Gaian technologies.

Our current exploitative technologies are entropic in that they increasingly generate chaos. As we discover our inner unity, our technologies become syntropic. As with the inventor of the gravity device, we begin to discover and apply natural laws that may seem miraculous to us today.

The Internet, for instance, is simply the reflection of a vast multidimensional network of information we could refer to as the innernet. Once we begin to connect with higher levels of mind, we enable a connection with these holographic records hidden within all creation. This includes memories of the past and of the future. These higher dimensions exist outside of time in a realm where past,

present, and future merge.

When we connect with higher dimensions, we discover that each of our outer senses has a counterpart in subtler dimensions. This is the basis for phenomena such as precognition, telepathy, psychokinesis, bilocation, shapeshifting, and ascension. Similarly, all outer technologies are reflected in corresponding subtle technologies. As our bodies begin to vibrate to higher frequencies of light, we will begin to discover how these Gaian technologies manifest in the world around us.

Melchizedek tells us that high technology is not the sign of an advanced civilization. It is the sign of a civilization that is about to be advanced. What good is a technology to a people who discover that the human body and human consciousness is capable of doing everything that that technology is now doing, and far, far more?

Perhaps we will discover that we can directly absorb prana — the living field of light that permeates all things — and no longer need food to nourish our bodies. We may learn to control our internal temperature by simply adjusting the kundalini fires running through our bodies. We could discover that we can teleport our bodies anywhere we choose bypassing the cumbersome means of transportation we currently use.

Perhaps we will find that as we begin to understand and activate the vast intelligence within our bodies, we will make unprecedented breakthroughs in the fields of longevity and health. We may discover that we can work with the archangels, dragons, and elemental spirits of nature to quickly and easily reverse the ecological destruction we have created in our long cycles of ignorance, greed, and separation.

As conscious creators we are no longer subject to the laws of entropy and death. Instead, we can truly embark on a voyage of discovery to explore strange new worlds, to seek out new life and new civilizations, to boldly go where no man has gone before!

CHAPTER 32 – SOUL PSYCHOLOGY

There is a longing for life within all matter and a longing for the full expression of itself within all life. This longing, call it what we will, is the impulse that drives our entire journey of involution and evolution. Spirit descending into matter is involution. Matter rising towards Spirit is evolution.

When we are identified with our human personality, our longing is towards the realm of Spirit, the transcendence of our material limitations, the fulfillment of our deep yearnings for divine expression. When we are identified with our divine soul, our longing is to explore the worlds of matter, expressing our multidimensional presence in the worlds of form.

What we are is neither body nor spirit, but a merger of both, expressing as human personality as well as divine soul. From the perspective of our limited, human self, locked in a world of duality and dense physical body, there is a force that drives us towards the full embodiment of our vast soul presence — our journey of evolution. And from the perspective of atman, our spirit self, our challenge is to be fully embodied in the world of matter — our journey of involution.

We are at a stage of existence where soul and personality are experienced as separate. Our task is to merge them into union.

The task of soul psychology is to give us an understanding of what this means and the tools necessary to achieve this. The task of spirituality is to experience this union and to achieve mastery on all levels of consciousness.

Let's begin with the experience of separation. The kahunas, or priests, of Hawaii refer to three aspects of the self — the high self is

the super-conscious, the middle self is the conscious personality, and the low self is the subconscious. Their spiritual practices are designed to unify these three aspects of self.

The kahunas assert that the middle self cannot communicate directly with the high self. In other words, our conscious efforts and intentions, no matter how sincere or strenuous, cannot put us in touch with the high self if the low self doesn't cooperate.

The low self, on the other hand, is in constant touch with the high self, although the quality of this connection may vary. Our task is to make friends with the low self, or the inner child.

Western psychology is generally focused on the wounded aspects of this inner child. Sigmund Freud's psychoanalytical system was an early effort to understand the neurotic tendencies of our hidden subconscious and to delve into the shadow realms of the ego. Carl Jung took this further. Jung recognized that the shadows were simply the reflection of the light of our inner soul. He explored the larger archetypal realm underlying our personal subconscious — which is both dark and light.

The contributions of transpersonal psychologists Roberto Assagioli, Ken Wilber, Stanislav Grof, Arnold Mindell, among others, have refined our understanding of the superconscious aspects of the soul and the subconscious aspects of human personality in an attempt to bridge the two. Various techniques and awareness practices, including dreamwork, bodywork, breathwork, shamanic journeying, and inner dialogue facilitate and deepen the connections among the high self, middle self, and low self.

Although all these methods have contributed significantly to the understanding of our selves in human embodiment, I would like to take some time now to explore even subtler realms of body and mind as we prepare for the next stage of our evolution/involution into the divine human.

Let's go back to our involutory journey 13.6 billion years ago.

We existed then as undifferentiated consciousness, preparing to create a universe where we could experience and express ourselves in the multiplicity of form. The Big Bang happened—the fabric of time and space was created, resulting in an explosion of energy and matter.

This Big Bang was our moment of involution, our initial entry into the world of matter. It has taken 13.6 billion years for creation to reach its current stage of evolution. We are just recognizing our true face within the dance of matter and preparing to embody the consciousness of creator in the realms of creation.

How does this the journey actually happen? From a spiritual perspective, it is not random chance that drives us onwards. Rather, it is an evolutionary impulse within the heart of creation. This divine impulse within matter has led to the creation of universes, galaxies, suns, planets, oceans, and life. This same impulse has shaped living organisms into increasingly greater complexity. This impulse has, in the fullness of time, formed bodied species with nervous systems capable of becoming vehicles for creator consciousness.

Soul increasingly embodies as life evolves. Our evolution is by no means complete. While it may be that there are species on our planet more evolved than we are, humans are yet a transitional species. If we are to continue into the next stage of our evolution as divine humans, it may help us to get an idea of what lies ahead.

It is obvious to us that we have physical bodies. Yet we also have various subtle bodies invisible to the physical senses that begin to develop as we continue to evolve further.

The ancient Egyptians had a clear understanding of these subtle bodies. They referred to the physical body as khat and were trained to work with its etheric counterpart known as the ka. The ka included an extensive network of energy meridians that nourished the khat whilst extending beyond it. This network of light allowed initiates to perceive higher-dimensional worlds.

Beyond this was the akh — a luminous body of light that we might also refer to as the astral body. With training, this body could function independent of the physical body, traveling instantly through time and space. With practice, the initiate could consciously attune to this luminous body and use it as needed.

The soul was known as the ba, and there was a body of light directly associated with this known as the sahu, which we might also refer to as the causal body. Initiates who learned to work with the sahu could receive the light of the soul directly into the physical body, thereby reversing the aging process and experiencing immortality.

These various layers of the subtle body are also linked with various levels of the mind. Sri Aurobindo refers to five levels of the mind beyond the thinking mind.

The thinking mind is the rational mind — used for gathering and analyzing concrete information and mediating the physical senses — this is the level of mind we are most familiar with. However, many levels of mind beyond this serve as gateways to multidimensional consciousness.

The higher mind is where we first become conscious of our spiritual self. We begin to perceive and interact in the world through this expanded consciousness. It is the realm of inspiration. If we compare the thinking mind to a twilight zone, the noonday Sun becomes clearly visible to us in the higher mind. It corresponds with the ka body of the ancient Egyptians.

Next comes the illumined mind. The light of Spirit breaks through into physical consciousness, illuminating the mind, heart and body with its luminous power. Like a bolt of lightning streaking through the skies, we see clearly in all dimensions whatever knowledge we seek. The luminosity of this plane of consciousness can be likened to the luminosity of the akh.

Beyond this is the intuitive plane, where we simply merge our

consciousness with that which we seek. This is the realm of direct intuitive transference. There is no more duality; no more involvement of the senses while perceiving truth. We simply become the truth we seek. This plane of consciousness is associated with the sahu.

The overmind is an archetypal realm. It exists beyond time and space, as does the ba, in the creative realm of the gods where all is possible. From the perspective of the soul, it is the first stage of our descent into the created universes.

Beyond the overmind is the supermind — which perceives all truth in absolute harmony and unity. This is the gateway to the undifferentiated consciousness of the Great Beyond. It is the level of the mind that Sri Aurobindo and the Mother were striving to anchor into the realms of matter.

Evolution is simply about being aware of who we already are. Each level of Mind is conscious of that level of Self. As supramental consciousness descends into the slumbering heart of matter, it opens the doorway for a mighty shift in consciousness where creator can finally awaken within the heart of creation!

CHAPTER 33 – AWAKENED SPIRITUALITY

If the task of soul psychology is to understand the multidimensional aspects of our being, the task of a true spirituality is to embody this.

Many enlightened masters have been springing up around the world in recent decades to share their teachings and perspectives with a growing multitude of seekers. The trend seems to be away from religious dogma towards a direct experience of the divine. In response to a deep stirring of soul within the unconscious depths of matter, humanity is beginning to awaken to the realization of who we essentially are.

In my own life, this search for deeper spirituality has taken me through an exciting journey of exploration. There have been many gurus, teachers, guides, and shamans who have provided revelation and insight at various times in my life.

I have travelled to ashrams, monasteries, sweat lodges, shrines, and sacred sites around the world. I have read just about every spiritual classic or new age book I could find. I learned to communicate with higher-dimensional intelligences. I trained to become a transpersonal psychotherapist. I experienced intense emotional clearings. I spent time in the jungles with sacred plant medicines. I swam with whales and dolphins. I muddled through relationships.

All this has taught me much. I have learned to not become too attached to any one version of truth. I have learned that life is a precious gift to honor and cherish. I have learned that the Earth is mother to all things, and that all creatures have an equal right to exist. I have learned to look for hope in the midst of chaos and

despair. I have learned that love is all that really matters. I have learned from mistakes and extremes. I have learned to look at the big picture. I have learned to acknowledge and embrace my shadows, for they are simply a gateway to light. I have learned that we are on a journey of endless possibilities. And I have learned that I don't have to walk this journey alone.

There have been teachers in my life whom I will love and cherish forever. Jesus, Babaji, and St. Germain have been my inner teachers and guides, along with Sri Aurobindo and the Mother. They have held me and inspired me and taught me much about the journey into oneness.

Each of us has a journey to make, and each of us will be guided by our own unique destiny. Don Juan speaks of following the path with a heart. Joseph Campbell spoke about following your bliss. Each of us is guided from within to find the path that has most resonance for us at any given stage in our lives.

When we listen to the guidance of our hearts, we may find that we are sometimes called to step out of the box and to break out of the routines of daily life. Whenever we are ready to move on there is always a teacher or guide who shows up to inspire and support us along the way. It is a journey of trust. The universe can hold us and carry us always in safety and grace towards the fulfillment of our highest destiny. Are we willing to faithfully jump?

Ultimately, the teacher we must learn to trust most is our own higher self. As we prepare for this time of the Great Shift, the veils between the worlds are thinning. Many are finding it easier than ever before to access the higher levels of the mind—the source of this inner guidance. Once we learn to access our higher self, the next step is to integrate it.

In times past the goal of the spiritual path was transcendence. The physical body and the material worlds were considered an illusion or a burden. The goal of enlightenment was to get rid of our egos,

detach from the material worlds, and enter into cosmic consciousness.

This is changing now. With the descent of supramental light comes a new possibility of transforming the physical body and the world of matter. This means fully entering into the material worlds, descending into the subconscious depths of our ego-mind, embracing the hidden roots of duality and separation, and thereby transforming our deep-seated traumas, fear, conditioning, and pain.

We are at a stage in evolution where spiritual consciousness can be birthed within the realms of matter. Once this happens, the evolutionary process is directed not from a blind instinctive impulse within the density of matter but in conscious participation with the realms of Spirit. A divine intelligence begins to awaken within the cells of our bodies to accelerate our journey onwards.

This is not simply a spiritual evolution but also a biological evolution. Most of our DNA material is relatively unorganized. Remember, only about 5% of our genetic material is turned on. The rest of our DNA's potential exists in a slumbering, supposedly junk, state. Microbiologists like Fritz Albert Popp and Bruce Lipton have initiated a revolution in our understanding of genetics. They've demonstrated the role of biophotons that, when coupled with human intention, activate our DNA's potential. The evolutionary potential of the divine human already exists within our genetic codons. It is just waiting to be turned on!

It may be that biophotons are directly receptive to the cosmic rays and gamma rays now pouring in from the galactic center on the incoming galactic superwave. This could well be what the descent of supramental consciousness is about. If so, we may soon experience a tremendous acceleration in biological evolution.

The metaphor of the butterfly may be relevant here. The caterpillar can jump up and down all it wants but it will not become a butterfly until the timing is right. When the timing is right no level of

resistance will halt the transformation. This cosmic timing is what Year Zero is referring to. It is a reset in consciousness resulting in the emergence of the butterfly human!

As I shared earlier in this book, a profusion of crop circles are appearing around the world. Some kind of higher intelligence is interacting with humanity and the consciousness of an emerging Gaiafield. One such pattern, showing up in the Netherlands recently, is the human butterfly. If the caterpillar symbolizes the human human, the butterfly represents the divine human. It appears we are now in the early stages of this metamorphosis, as reflected in this crop circle!

In recent years, my own explorations of metamorphosis have led me to working with a morphogenetic field of divine light known as Ilahinoor — rooted in the mystery school traditions of ancient Egypt.

Ilahinoor is an ancient and universal morphogenetic field designed to prepare the physical body for merging with the light body. This merging is facilitated by creating an energetic connection to various centers in the brain, which helps to awaken a cellular intelligence within the body. In response to higher vibrational fields of incoming cosmic light, deep subconscious fears and traumas are released from cellular memory, allowing us to experience and express the unified consciousness of our multidimensional self. It is a simple, powerful, and effective means for healing the body, clearing emotional trauma, and manifesting our divine potential in these times of planetary birthing. Ilahinoor connects us with a morphogenetic field of vast wisdom and love — the realm of our souls. It helps to ground this supramental frequency of light into our physical bodies and daily lives. Thousands of people have been using these techniques in recent years with extraordinary results, as I share in my book — Ilahinoor: Awakening the Divine Human.

The higher we reach, the lower we must embrace. The task of supramentalizing our bodies is not easy. Not everyone will succeed

(at least not in the early stages of the Shift). For those whose souls have chosen this path, it is a journey deep into our subconscious where we integrate the lower self with the higher self. This journey requires a willingness to die to our conditioned personality—our ideas, illusions, and judgments about who we think we are.

We can expect to go through a dark night of the soul — not unlike the caterpillar entering its cocoon — where we feel profoundly disconnected to everything we have identified with in the past. We may experience restlessness, anguish, and discontent. We may no longer feel our connection with spirit. We may go through a period of intense emotional clearing as the light of our divine self illuminates the hidden recesses of our subconscious mind.

While our physical bodies undergo a frequency adjustment, we may experience symptoms such as heart palpitations, headaches, body aches, insomnia, fevers, nervous system disorders, and kundalini activations. Our memory may suffer, and we may feel like we are losing our minds. Our sense of time may alter prompting us to feel as though we are living in two or more realities at once.

Despite all this, there is a harmonizing principle within this supramental force that will make our work easier. Eventually, in the fullness of time, the butterfly will emerge. If even a few succeed in supramentalizing their bodies, the ripple effects on humanity will be profound. For all of us who have chosen to partake in this Shift no greater adventure can be imagined. I would rather be here on this planet at this time than anywhere else in all the dimensions of creation!

CHAPER 34 – RELATIONSHIFT

One area we are beginning to experience this Shift is in the arena of human relationship. This applies to all forms of relationships, yet I would like to share some insights here particularly regarding romantic partnerships and sexuality (since this is an issue that pretty much everyone these days seems to be dealing with).

Relationship paradigms are changing. When I am in touch with my essence, I realize I am no longer seeking to be with somebody for any of the old reasons — to make me feel happy, fulfilled, or alive — but someone who can partner with me in the task of creating a new world together. I don't need to possess, own, or control another person. I regard them as free to live their divine destiny as completely as possible. I don't even need to define what the relationship is about. I simply bless and honor the soul connection that exists and let it unfold and change with the seasons.

This isn't always easy. We are caught between the old and the new. We are constantly dealing with old fears, insecurities, jealousies, and dysfunctional patterns. We grapple with our expectations of ourselves and our partners, as well as the expectations from the world around us. We haven't truly created viable new models yet. It could be that there aren't any defined models to create anyway, just a process of listening to our hearts in each moment and trusting an evolutionary impulse that doesn't always make sense to our conditioned minds.

When I reflect on what kind of new paradigms we can create together, I think of the futuristic novel by Thea Alexander titled 2150 AD. It speaks of an entire society built on a sense of vibrational resonance rather than the guilt-ridden, convoluted, social conditioning that drives us today.

There is the recognition that we travel in soul groups and we find our sense of belongingness within this pod consciousness. We are not looking for a partner to magically fulfill every need we have. We instead ask ourselves what we can give to rather than receive from each other. In this context, relationships and sex are a means for deeper communion with the whole. The more unconditionally loving we are, the more fulfilled we each can be within this pod consciousness.

In the society of 2150 AD, people have learned to move beyond the competitive model based on survival of self into a pod consciousness — where they derive their sense of identity from the entire soul group. There is the recognition that our highest joy is to support each other's highest joy. Nobody owns or controls anybody else because other is not separate from self. There is no need for jealousy or possessiveness because there is no sense of ownership. And children are raised by the entire community, honoring each other for their unique contribution to the whole.

Is this a realistic model for us today?

I believe that the human species is in the midst of making an evolutionary leap into the universal human — from the animal human to the divine human. The paradigm shift taking place in relationships today is a response to this evolutionary impulse. The more attuned we are to this impulse, the more we will be called to brave these uncharted waters. Each person's journey of relationship can be absolutely unique. It may not even be about creating an alternative model of relationship but about learning what it means to live from our hearts in each moment and to trust our unique process based on our own attunement to the emerging divine human. It is a process of maturity that grows from the inside out.

I attended a lecture by shamanic astrologer Daniel Giamario many years ago on Hawaii. Giamario lectured on the shift from a Cancer-Capricorn axis of relationship to a Leo-Aquarian axis of relationship.

This type of relationship paradigm shift characterized the Sixties revolution.

The energetic signature of the astrological sign of Cancer concerns home and family; Capricorn, its complement, concerns security and stability. This was the ideal of the nuclear family — the task of raising children took precedence over everything else. Relationships were meant to last a lifetime. The couple referred to each other as their other half. Each person's role in the family was well defined.

Then came the shift to the Leo-Aquarius paradigm. Leo is about freedom and individuality, breaking free of personal limits. Aquarius is about expanding boundaries, moving beyond the nuclear family to the global family. This was the “free love” generation, which eventually settled into the multiplicity of relational forms we encounter today.

The purpose of relationship here was no longer to simply raise a family but to discover personal fulfillment. We began to find that it wasn't quite so easy to balance personal fulfillment and family obligation. Permanent monogamous relationships became increasingly rare. Divorce and serial monogamy became common as did experimentation with various levels of polygamy.

An intense need for self-understanding in a social context emerged as we moved closer to the Aquarian age, which meanwhile gave rise to an explosion of the new consciousness paradigm. A multitude of psychotherapeutic models and self-help practices surfaced to help people and their relationships.

Much of the struggle and heartache in human relationships seems to be based on the apparent clash between these two relationship models. But it seems to me there is a third model emerging now — a Virgo-Pisces paradigm — which may hold the key to balance and wholeness.

The characteristics of Virgo include selflessness and service, while Pisces is about spiritual transcendence and soul connection. As we

step into a new age of human relationship based on an evolutionary shift into the divine human, we are beginning to see a new paradigm of relationship. I call this new paradigm relationship.

This is what I feel the futuristic society of 2150 AD were practicing. It is an ideal that we can begin to model today. Such relationships are built on a foundation of soul resonance. They are based on the recognition that we travel in soul groups rather than as separate individuals. The more connected we are with our own soul resonance, the easier we recognize others in our soul pods. And as we connect with our soul pods, our growth and value comes from how much we can give to each other. There are no fixed forms, just the movement of life in accordance with the constant guidance of our souls.

Inevitably, as long as subconscious tendencies of ancient trauma remain within our cellular bodies, we might find ourselves experiencing moments of jealousy, possessiveness, fear, loss and pain. This becomes the gateway to our own spiritual enlightenment as we recognize that there is nothing we can ever lose once we are connected with the higher resonance of the soul pod. The outer beloved becomes a symbol of our inner beloved. Feelings of separation give way to the experience of soul unity and unconditional love.

How many of us have craved for our ultimate soul mates, or twin flames, as the case may be? How many of us have refrained from fully engaging in the relationships of our lives in this elusive search for the ultimate missing half of our soul that would make our lives forever complete?

Perhaps some of us have been fortunate enough to find this “perfect” partner, or have simply been willing to live fully in the present moment. But for those of us who have lost ourselves in elusive fantasies, could we be looking for our own inner beloveds reflected in each face that we encounter in the world around us?

Once we come into this recognition, we are ready to move into a third phase of relationship. This is where dependencies and co-dependencies end and relationship begins. This is where each relationship in our lives, no matter what form, becomes a gateway to the discovery of our own true face.

The three models of relationship I have described above are not mutually exclusive. I may choose to be in relationship with someone that lasts a lifetime; or, I may choose never to commit to any one person. I may choose to have children or not. I may be in an open relationship, a homosexual relationship, endure a string of partners, or remain celibate. The forms are not important. What matters is that we are open to the flow of love through our souls, finding its most natural expression with each person we meet without judgments or fear.

As we move into this time of the Great Shift, our human biology is undergoing a change as well. As we become adept at shifting through dimensions, we may not need to bring children into this world through sexual means.

Sexuality would no longer then be coupled with an overriding instinct for species propagation with all the darker elements that tend to go with it in these times. It may be easier then to simply live from a place of soul contact — without walls and without fears — as in Thea Alexander's utopian vision of the future.

Going through these stages has been a long journey of discovery for me. It has been sometimes immensely fulfilling and sometimes sad and lonely, even heartbreaking. My close friends sometimes tell me I am not always good with receiving. Maybe my childhood patterns and conditioning guide me to downplay my own needs for personal happiness. I, in turn, justify my stance that planetary wellbeing is more important. This can even lead to a bit of a martyr complex — other people's needs consistently become more important than my own.

However, I am beginning to realize that the two cannot be separated anymore. Service does not mean martyrdom. As a Pisces my tendency is to use transcendence as an escape from engaging fully in my own humanness. I have used my willingness to serve the planet as a distraction from being aware of my own needs and feelings. Oftentimes I have neglected my physical body or pushed myself too hard while denying sensory pleasures or joy.

The Virgo-Pisces axis is about loving my neighbor as myself. If I cannot love my partner, I cannot love myself. But equally, if I do not truly love myself, I cannot love my partner either. In relationship, we learn to receive as much as to give. We learn to experience personal fulfillment and joy as much as to hold space for another's. Giving and receiving, service and joy become two faces of the same experience of oneness.

To love unconditionally we make no distinction between self, partner, and planet, for we are all part of the web of life together. The experience of joy is the highest expression of our divinity. Relationship is a gateway towards this dance of the soul.

A new paradigm based on unconditional pod consciousness cannot be imposed from the outside. It is something that must emerge from within (which is why it can sometimes be so confusing). It is a process of breaking out of our old emotional and societal conditioning, and requires a great deal of awareness, self-respect, and trust in the process of life.

We will likely make many mistakes along the way. We will vacillate between the new paradigm and the old. In learning to love another more fully, we are learning to love ourselves more fully. We are unraveling millennia of deep conditioning in the process. Ultimately, it is only as we acknowledge our deep soul as the inner beloved we have been seeking all along that we can truly love our partners, our children, our neighbors, our friends. Finally, we can extend this to the entire human and planetary family.

CHAPTER 35 – A UNIFIED WORLD ORDER

It is no measure of health to be well adjusted to a profoundly sick society.

—*J. Krishnamurti*

Back in my college days I was actively involved in issues of peace and social justice. I was enthused with the idealistic hope that all it took was a few dedicated visionaries to change the world. Though, I was not always able to sustain this hope. On the one hand I believed we were creator gods capable of anything; on the other, I struggled to find my own balance in a world spiraling out of control.

Somewhere inside I knew we were capable of making the greatest evolutionary leap this world had ever seen. At the same time, I felt a profound despair and intense rage toward a species that was so foolishly and aggressively ripping the delicate web of planetary life to shreds. There were even times I wished for the end of all humans on Earth so that nature could heal and thrive.

Eventually I fixed my hopes on an upcoming shift in consciousness much like various others who had pinned their hopes on a religious savior or extra-terrestrial intervention. The global situation appeared too desperate and hopeless. We were spiraling too close to the brink of extinction. I had lost faith in our ability to pull through on our own.

More than ever before I believe in this collective shift in consciousness. While I do feel this shift is being orchestrated from a higher level of consciousness, it also requires our active focus and conscious intention.

We are co-creators in an emerging new reality. But we cannot be creators and victims at the same time. We cannot remain passive

observers. Are we willing to envision a courageous new world and fully commit our resources to empower this vision? Are we willing to put our feet on the ground so we can walk tall and strong towards this promised land?

This question becomes especially relevant as we consider our economic and political systems. It is clear that if we are to survive on this planet and evolve beyond the roots of greed, corruption, competition, and manipulation, our current systems need to change. Change begins with understanding. If we wish to create a new world, then we must open our eyes to the big picture and anchor this vision into the physical world. As Goethe stated so profoundly centuries ago, “No one is more hopelessly ensnared than those who falsely believe they are free.”

Our current economic system is based on money. The paper money system, rooted in the fractional reserve system, is directly linked to debt. Debt is linked with scarcity. Scarcity is a requirement for the creation of profits. And profit, as far as our capitalist economy is concerned, is the only incentive capable of promoting growth, providing employment, enhancing creativity, and sustaining our way of life in an increasingly debt-ridden world.

Banks, businesses, and corporations have become the guardians of this system—euphemistically referred to as the free market economy. The profit motive inevitably leads to greed, poverty, corruption, environmental degradation, social callousness, and war. Resistance to the system is invariably discouraged or crushed by governmental bureaucracies, media control, and military might.

Social and environmental costs are ignored. The rich become richer, the poor become poorer, and species become extinct.

We examined earlier the potential of solar, wind, tidal, and geothermal power to replace fossil fuels, as well as the emergence of free energy technologies. We already possess ingenious technologies to clean up our planet and restore her biodiversity. We have the

resources to easily feed, clothe, house, and educate every human being on Earth. We could live in abundance, harmony, and peace at a tiny fraction of the cost of maintaining our global military systems.

So why isn't this happening?

In his book *Confessions of an Economic Hit Man*, author John Perkins offers shocking revelations about how our current banking system, corporate interests, and military interventions play a part in undermining national as well as personal freedoms around the world. He unpacks how our political systems are a direct extension of these economic interests.

Likewise, a wide range of alternative energy technologies and health breakthroughs have been systematically ignored or suppressed because they cannot be controlled for profit. Meanwhile, our dependence on fossil fuels and polluting technologies has brought our planet to the edge of irreversible climate change and environmental disaster.

Inventors who have developed working prototypes of free energy technologies are reluctant to put them on the market because they fear the consequences to themselves or to their families. I know some of them personally, and I have glimpsed how their discoveries could change the world. If Earth is to survive, and if our civilization is to rise to its highest human potential, we must make room for these technologies.

For the most part, our political systems have their own vested interests in perpetuating the existing state of affairs. As the world's reserves dwindle, wars are fought in the name of oil, uranium, and other natural resources. The world's last preserves of wilderness are being drilled for oil or destroyed for lumber and for raising cattle. Millions of people are being relocated to create hydroelectric projects to supply our needs for power. Is all this necessary?

It appears that there are two remaining superpowers in the world today. The first is the United States of America, ruled by

transnational corporate interests. The other is our unified social consciousness. This collective soul force, as harnessed by Mahatma Gandhi and Martin Luther King, can redesign the world of sovereignty and freedom.

The Zeitgeist Movement, advocated by filmmaker Peter Joseph, and The Venus Project, inspired by futurist Jacque Fresco and Roxanne Meadows, are beautiful examples of how this social consciousness is emerging in the world today. In his films *Zeitgeist: Addendum* and *Zeitgeist: Moving Forward*, Joseph calls for a resource-based economy rather than a monetary system; a model based on abundance and equality rather than scarcity and control.

Our current system, driven by profits, is based on an Orwellian double-speak, where abundance is scarcity, and scarcity is abundance. In other words, when supply is limited the demand goes up and profits increase. Shortages and chaos are manipulated for profits and are built into the system. The rich get richer and the poor get poorer.

If scarcity is directly proportional to profits, then sustainability and abundance are the enemies of a profit-based system. An abundance of basic resources, such as food, water, medicine, alternate or free energy technologies, when freely available to everyone, would inevitably lead to loss of corporate control and profits, and therefore cannot be tolerated in a “growth” economy. Maximizing profits, regardless of social and environmental costs, is what free trade and globalization are about.

As long as we follow our standard monetary system driven by profits, it is impossible to create a world without poverty, crime, pollution, unemployment, anxiety, and war. As long as profit means competition, it is impossible to behave ethically or compassionately. As long as we perceive the Earth as simply a resource to be used up, we head toward environmental catastrophe. As long as we remain enslaved to such a system, we cannot hope to unleash our innate

creativity or to solve the complex problems we face on Earth today.

Whether capitalism or socialism or communism or globalism, all these systems are based on the illusion of unlimited resources and on the idea that profits and money have their own intrinsic value, which must be pursued at any cost. Your value as a human being is measured in how much money you control.

“Make no mistake,” says Joseph, “the greatest destroyer of ecology, the greatest source of waste and depletion and pollution, the greatest purveyor of violence, war, crime, poverty, animal abuse, and inhumanity, the greatest generator of social and personal neurosis, mental disorders, depression, anxiety, not to mention the greatest source of social paralysis stopping us from moving on to new methodology, personal health, global sustainability and progress on this planet is not some corrupt government or legislation, not some rogue corporation or banking cartel, not some flaw of human nature, and not some secret, hidden cabal that controls the world: it is in fact the socio-economic system itself at its very foundation.”

Sooner or later, an economic system that ignores ecological sustainability and focuses only on short-term profits is bound to collapse upon itself, taking the rest of the planet along.

On the other hand, Fresco’s resource-based economy focuses on the availability and distribution of the Earth’s resources — our common heritage.

There is no reason for anyone to experience hunger, exploitation, terrorism, or war. There is enough food, water, and energy to abundantly meet the basic needs of every single human being on Earth. It is a matter of redirecting our priorities.

If we choose to free ourselves from a money-based system, all existing resources could be used to serve the whole rather than the few. It would be based on creativity and the use of synergistic technologies to enhance human life. This would ultimately move us into the realm of the divine human.

Can we create a system with a standard of living so high that we do not need money for survival? Can we design a society that would eliminate boring and repetitive jobs, eliminate poisons in our foods, develop clean and efficient energies — a society truly concerned with the well-being of people and the planet?

If each of us were assured all of our basic human needs, we could express our unique creative gifts to serve the whole. Creativity, altruism, and inspiration would dwarf profit-motivated growth. We would develop systems that enhance rather than exploit creation; serve rather than destroy life. And we would quickly focus our vast collective intention on averting the looming, massive environmental cataclysms. This is what the Venus Project hopes to achieve.

The most important priority, Joseph summarizes, is the intelligent management of the Earth's resources. He advocates for all natural resources on the planet becoming the common heritage of all people. It is time to think outside the box. Instead of weapons of mass destruction, it is time to unleash a weapon much more powerful — weapons of mass creation!

Joseph's documentary films develop these themes with inspired conviction. They have been shown in movie theaters around the world, and are available for free on the Internet. The ending of *Zeitgeist: Moving Forward* is especially inspired. It's reminiscent of the *Matrix* movies and well worth watching.¹

There are many viable alternatives to the self-imposed enslavement we have chosen to experience on the planet today. Movies such as *Avatar* and *The Green Beautiful* provide moving examples of what a new social and economic system might look like. Visionaries such as Barbara Marx Hubbard, Jean Hudon, Peter Russell, Soleira Green, and Daniel Pinchbeck have also created social and informational networks to facilitate a unified world order.

With all the fears and doomsday scenarios bombarding us today, the worst thing that can happen is that nothing changes. Unless we

choose to turn things around soon, we will inevitably strangle in the rapidly tightening noose of our own extinction.

A wide range of contemporary economists, futurists, and social scientists predict an imminent, worldwide collapse of our monetary system. It has, built within itself, the seeds of its own demise. It is no longer a question of whether the system will collapse, but when. And what of the repercussions?

Frightening as this all may sound, this could ultimately be the best news we could hope for. Pluto is the planet of deep transformation — death followed by renewal and rebirth. The planet recently entered into Capricorn, which represents our planetary systems and social paradigms.

Meanwhile, Uranus, the planet of revolutionary change, has moved into Aries, where unseen fires can now be released. All that is hidden must inevitably come to light.

Our world is terribly out of balance, and it is likely that a collapse of the entire system could happen very quickly and suddenly. Are we ready for this? Is there something that can replace our current system? Can we make a smooth transition into a caring, sustainable, resource-based economy?

A new dawn is coming. As evolutionary forces move through the Earth today, we reflect on the resulting global shift. Yet we cannot ignore our social, economic, and political realities. New systems and paradigms, more responsive to the call of a unified global consciousness, must replace the old. We can neither hide our heads in the clouds nor bury them in the sand. Political action without spiritual vision is not sufficiently inspired. Spiritual awareness without socio-economic vision is not sufficiently grounded. Together, using the power of creative intention along with inspired action, we can create heaven on earth.

CHAPTER 36 – JOURNEY TO PERU

In late 2010, I went to Peru with a small group of people. We travelled through various sacred sites with the intention of anchoring light deeper into the collective consciousness of humanity and Earth.

The final week of the journey was spent in the deep jungles of the Amazon with an Asháninka shaman. We experienced three sessions as a group with the powerful plant medicine known as Ayahuasca. Then I continued on my own for another four days. What I experienced during that time has significantly changed my perceptions of reality and my understandings of the Shift that we are currently experiencing on Earth.

The Amazonian shamans speak about three worlds that are constantly interacting with one another. Hanaq pacha is the upper world, the world where our higher selves reside, the angelic world, the realm of the condor. Kai pacha is the middle world, the world of our human selves, the animal world, the realm of the jaguar. Ukhu pacha is the lower world, the world of subconscious instinct, the reptilian brain, the realm of the anaconda.

I began to explore these three realms by creating bridges between them. The beginning of each “journey” was dominated by images of snakes and dragons and images from the deep subconscious. The images reflected the separation and fears held within the instinctive centers of the brain.

Over time, as I allowed these images to shift and change with awareness rather than resistance, the power of this instinctive world began to reveal itself. Rather than being a repository for subconscious conditioning and fear, the instinctive self became a gateway for contact with the higher self. The anaconda joined with

the condor. The personal self emptied out. Vast beings of light anchored through my body. I felt the llahinoor fields of light merging with the soul and body of Mother Earth, moving through the nature kingdoms, preparing Earth for the dimensional shift to come.

I felt the presence of Shiva incarnating into various earth dimensions. A vast power of transformation, I felt he could have uprooted everything that human society had ever created in a relentless urge to break the spell of third-dimensional illusion. I felt the energies of Divine Mother merging with Shiva. “Deep transformation, no destruction” was the mantra that echoed through my expanded consciousness setting an intention for planetary evolution — a harmonization with the supramental descent of cosmic light.

This process went on for seven days. Bolts of lightning rippled through my body in response to a secret intention within the spirit of the Earth. Again and again I doubted that my body could take much more. And yet, each time, as my shaman held out his cup, I did not hesitate to drink fully. I knew this was a pact I had made with Mother Earth to serve her in this time of birthing.

I realized something through it all. There came a time when the instinctive fears emptied out. A great power opened itself within the instinctive centers of my being. The elemental dragons — the guardians and protectors of Earth Mother — came alive. The creative power of the lower worlds could merge now with the forces of love actively held within the upper worlds and create a balanced frequency of light strong enough to liberate the illumined potential of the divine human.

I realized this was a cellular process. An old program of subconscious fear, separation, and duality was ending while a new program of multidimensional presence and physical immortality was being activated on a cellular level. I was guided by the resonant totem of the anaconda, which represents the power of divine

potential and is the guardian of alchemical transformation.

As the process continued and deepened I could no longer function in linear time, the realm of the thinking mind. I was therefore no longer subject to the limits of human conditioning. It was only afterwards, as I returned home from the jungle, that I realized the depths of the transformation that had taken place.

The cosmic fields of light feel more expanded and yet more anchored within the kingdoms of the earth. My physical body feels younger and more vital. I can hold enormous fields of light within my expanded self. I feel my body merging into silent union with all kingdoms of life.

In a place beyond the realm of the thinking mind, I know and understand that the birthing of a new consciousness is at hand. The separate human identity is giving way to an expanded planetary identity. It is Gaia as a planetary being who is awakening now, not just the human species. Throughout the galaxies, all creation is undergoing a basic shift in vibrational frequency. As a consequence of this, for the first time in 13.6 billion years, creator consciousness is slipping through the veils of time and space into the heart of creation, waking up within the dream, fully present in the world of matter.

Herein lies the power of my own creative energy. In this state of consciousness I am no longer identified as Kiara. I am no longer identified as human. I am creator consciousness at play in the field of matter, awake simultaneously in the three worlds of creation. I am not separate from the Earth. I am not separate from the skies. I am an open door between Earth and Sky through which supramental light can flow!

CHAPTER 37 – PANDORA’S BOX

Richard Bach’s book, *Illusions*, is one of my favorite books of all time. It makes scattered references to a master’s manual. I would often wish there were such a manual — one that would answer all the questions of life, sort of an antidote to Pandora’s Box which had been so tragically emptied.

Eventually I realized there was no such book. Our searching for it alone is much like the ancient alchemists who, in searching relentlessly for the philosopher’s stone, ultimately found it within themselves.

When I started writing this book I wanted to piece together various elements of our ancient future. Some answers may be found here for those who ask. But more important are the questions we ask ourselves. In the questions lie the answers, if we know how to ask them and if we live with them long enough to let them shape our lives.

And what was this Pandora’s box? There is an ancient myth about a Greek god who presented a beautiful maiden named Pandora with a mysterious golden box. In these long ago days, suffering had not yet been invented. The god made a big ceremony of presenting her with this wonderful gift, while at the same time forbidding her to ever open the box.

Inevitably, of course, the time came when her curiosity overcame her caution and her fear. Just as her mythic sister, Eve, had promised herself just a tiny bite of the fruit from the tree of knowledge of good and evil, Pandora promised herself just a tiny peek inside the box. She cautiously opened the golden lid. Too quick to be contained, every manner of confusion, fear, and human evil flew out and

entered the world. Horrified, Pandora quickly shut the box tight, but it was too late. The evils had already been let loose. Unfortunately, the last thing left in the box was Hope — the only thing that could have contained and healed our human suffering. Ever since that time, Hope has remained shut in the darkness while the ills of our human condition fly unfettered through long centuries of painful drama. Dare we risk opening the box once more? Dare we find hope sufficient enough to look this god in the eye and, laughing, recognize our own face?

Consciousness has no form when it is freed. Love does not need a story or a reason. I remember myself as creator and all creation becomes joy. Nothing else is real.

PART V - OTHER VOICES

This evening the Divine Presence, concrete and material,
was there present amongst
you. I had a form of living gold, bigger than the universe,
and I was facing a huge
and massive golden door which separated the world
from the Divine.

As I looked at the door, I knew and willed, in a single
movement of consciousness, that
"the time has come," and lifting with both hands a mighty
golden hammer I struck
one blow, one single blow on the door, and the door
was shattered to pieces.

Then the supramental Light and Force and
Consciousness rushed
down upon earth in an uninterrupted flow.

—The Mother, February 29, 1956

CHAPTER 38 – HIGHER DIMENSIONAL COMMUNICATIONS

The phenomenon known as channeling has become fairly popular in recent years. It developed quite naturally for me as I began to explore the spiritual dimensions. I see this as something we can all develop with practice by moving past the limitations of the thinking mind and merging our identity with the higher levels of the mind where all consciousness is unified.

Unlike the phenomenon known as trance channeling, in which the subject does not consciously remember what took place during the transmission,

I find that I am simply expanding my consciousness to merge with the consciousness of whoever I am communicating with. The words may be different from what I normally use, and there is often a profound energy field accompanying the words, yet I remain fully conscious through the process.

What follows are the transcripts of three of these communications that have particular relevance to our journey of awakening.

THE DRAGONS

The dragons are protectors. They are protectors for Mother Earth. They are willing to work with us to be with us, in order for us to be able to serve the mother. It is a great honor to be asked to work with them... but they will also test us, our willingness, our sincerity of heart. Are we truly here to serve or are we still living in the mindset to dominate and conquer?

If we are willing to serve then they can initiate us into our own power, to connect us with the power of the Earth. This is also part of

how we can help the planet. As we work with power centers in different places and connect with dragon energies we can heal what has been damaged and broken. Humans are part of the nervous system of the Earth. Dragons are part of her kundalini fire. And so now it is time for the kundalini to start moving through our nervous system so we can wake up.

It was about ten years ago that I met my first dragon. It was amazing to experience the love she was holding for Mother Earth and the energy that came in with her. I have worked with them ever since. The following transcript is taken from a seminar I was giving in France with a group of about fifty people in May 2010.

I channeled:

Forgive us for testing you out very carefully. We come because you invite us to come, because you feel in your hearts that you are near us and wish to be near us. And near to the mother. But we have to be careful, you see. There have been many who try to oppose and to hurt life. And we have to be sure. It is good.

Many of you carry a fear of your own power. Do not worry. We will not force you in any way to go where you do not wish to go. But we will give you the opportunity to discover all that you are if you wish this. And if you wish this we will work together for Mother Earth.

We are willing to serve you in your service to Mother Earth. This is who we are.

You have been taught that fire burns, and hurts. This is the fear that keeps you from your own power. Power is not power over. It is not about conquering and dominating, or victimizing and hurting. It is power with. To grow and expand beyond yourself, to feel deeper with your heart, to expand further than you have ever known, to touch and be touched in ways you do not understand fully yet. This is the power of fire.

When it is out of control it can hurt. When it is out of control it is

because you are out of control, not the fire. It is when you are not in balance between your heart, mind, and body. There is energy here to bring you into balance, to awaken the fire within your being, so you can discover the fire of who you are.

Do you wish this? Are there any of you who are afraid? Fear is normal, fear is simply based on what you do not know yet. But some fear is habitual — the fear of change, the fear of death.

This is the fear that must be rooted out in order for you to experience the true power of who you are. You have learned to see death as something fearsome and change as something to avoid. Mother Earth is changing. Her body is going through deep changes now. If you as a collective persist in these fears of change the change will be harder. Your resistance creates the hardship. Your fears create the resistance.

So... are you ready now to experience something new and different, each in your own way, to your own capacity, which will continue to deepen in time? Yes, this is why you are here.

Are you willing to experience now this initiation of fire, of your own power, not for yourself but in service, service of the whole, service to Mother Earth. Yes? So be it.

So then we will take some time to work with each one of you. Yes, this merkaba system is efficient to work.

Stay with it.

Changes will come. Be assured you are safe in the heart of the mother. Your presence is part of the change to come. Be assured that you will be used to whatever extent you wish to be used, to whatever extent you are open. This is why you are here... we are here ...

We wish to express gratitude. Aho!

Will you join hands together with us? Here in this land there has been much spilling of blood in ancient past, much trampling on freedoms, much hypocrisy. Also much sacredness and richness of feminine power. And now it is time for this to return. Together we

serve as a cup in which this preciousness can be held. Moving through the heart, the veins, the blood of Mother Earth.

This kundalini fire is the blood of Mother Earth. The sacred waters are the blood of Mother Earth. Now it is time to join together. Beneath the Earth, around the Earth, above the Earth, there are forms of life within the body of the Earth.

We will make certain sounds... do not... please... be afraid... there is need for us to hold the balance for the mother. If this were not there would be what you would consider mega earthquakes and volcanoes. When there is balance and harmony this can be also held in smoothness, in lightness. So this is what we are doing in this moment working with subterranean energies, fire energies, earth energies, water energies, wind energies — to bring into balance and harmony. If sounds come through you let them come. If movements want to come let them come. If emotions come let them come. We are not separate now.

Do not be afraid. There is no necessity for violence in the earth body in order to wake up to the fullness of who you are — simply adjustments, vibrational adjustments that make it possible to hold more of what you are. This is our work, and as we join with you it makes our work easier. Easier for you as well.

We connect now with the merkaba of Mother Earth in all dimensions it is good. We recede now into the background... and the work... it continues. We are with you. You are with us.

It is good. We are with the mother.

SRI AUROBINDO

I was invited to give a talk at a Healing and Music Festival in the Netherlands in August 2010. It happened to be Sri Aurobindo's birthday, and I had been feeling his presence strongly throughout that day. It soon became clear that he wished to be present in that

room. With the permission of the group I invited his presence to speak through me.

You hold this space so beautifully, dear ones. And what I have to share is nothing more or less than what you have created already. What we have been working so much, so hard, so deeply for, is to awaken within human consciousness a new octave of light, what we call supramental light, and what is here now in increasing circles, increasing cadences through your planet. It is a descent of light into the heart of matter, all the way in, all the way through.

It is a work that was begun many, many years ago. And at first when we began this work we thought it would take a long time, many centuries in your count. It's been a joy to see how quickly these seeds have spread; these seeds have grown in your hearts, in the world, in human consciousness and the planetary consciousness. What would have been 300 or 400 years has now been encapsulated in a few decades.

And what this requires is that all of you are part of this process as well. It is not something that happens to you, it is something that is created within you and through you as willing vehicles and vessels for this divine light, the power and passion of this divine being.

This divine being is incarnating — not simply incarnating into human bodies, but incarnating now into the body of the Earth. Do you realize what that means, not just for humans but all life, all species, all consciousness arising and awakening to this divine being that is pouring through into matter now?

When we spoke about this supramental light we also spoke about a supramental catastrophe that will precede the full descent of this light. What I refer to when I say supramental catastrophe is not destruction and chaos so much as bringing this unified light into matter, into human history in a way that will ease this journey, which will ease the birthing.

And this is so. As you may have noticed, there are many, many

scenarios that could have taken place but have not, because of the unified light, the supramental light, that is working to bring about the best possible results given what is possible. As you hold this light within your bodies it is moving out in ripples through the fields of the Earth, moving out in ripples through the consciousness of the Earth.

And many beings are joining in this now, not just the human, not just the angelic, but the nature spirit beings, the masters of many traditions from the overmental and the supramental realms, more than all the divine self itself, is moving into matter, vivifying matter, awakening the light within the body. And this is something we have all dreamed about in this world.

I wish to say now, that the scenarios that have existed in the past, scenarios of doom, doomsday, death, destruction, darkness no longer exist. As an action of this supramental light, this unifying light, that possibility no longer exists.

We wish you to know this with all your hearts, we wish you to receive this knowing so deeply inside you that there is not an iota of doubt, and this will be your power, this will be your strength, this will be the passion that moves through your bodies knowingly and unknowingly that permeates the fields of this Earth.

Feel this power now descending through your hearts, descending into your bodies, descending into the Earth. What was a seed before is now a plant in full flower, still invisible in some ways but gaining recognition gaining light every moment.

There have been many conjectures about 2012. There is no date. There is no linear date that can explain what this descent and this birthing is about. We have spoken of the supramental light. This supramental light is the light that you also refer to in some circles as ilahinoor, that you also refer to in some circles as deeksha, that you also refer to in some circles as a galactic superwave that is now emerging through our solar system, that is moving through in

waves and waves of light and consciousness to fulfill the destiny of the Earth.

Long have we worked for this, you included, you in many lifetimes. You have come to ensure that this descent takes place smoothly and surely. We all congratulate you, honor you and love you.

This year and the next year to come, look for signs for this birthing. It is close. Much of this has to do with magnetic fields within the Earth. Much has to do with the collective consciousness and the way things move and change rapidly from this moment on.

There is an energy here of great celebration. You are part of this, you have helped to create this celebration through song, celebration through dance, celebration through music, celebration of the open heart. This energy of celebration, of joy, of trust, this surrender to the unknown, the mystery of light, is what creates the new world. You are part of this co-creation. The time has passed for any doubt to remain that this will be so.

Receive into your bodies now, into every cell, this supramental light. Let this energy rise from the Earth up through your feet, from the sacrum up to your heart, out your crown, out to the cosmos. Let this energy descend again down through the crown, down through your heart, down to the Earth.

Breathe in a full complete circle, the ascending kundalini and the descending cosmic kundalini merging together in one dance and one flow, the earth kundalini, the mother, rising up to meet the sky kundalini, the father energies, descending through this dancing space in your bodies, and through your bodies out into the body of the Earth.

You are the nervous system of the Earth. The human species represents this gateway. And I wish you to know that very soon you will experience this birthing take place — this flowering of the human species, the awakening of DNA that has so far remained

dormant, that allows you full access to your multidimensionality, to the frequencies of your soul, the atman, Spirit, supramental light.

These energies are weaving through you now. Incorporate them deeply with your breath, with your open heart, with your intention.

Let the presence of life join you, the spirit of nature celebrate with you, Mother Earth hold you... .

There is a river of light descending now, deep and wide, slowly moving through the grids of the Earth, the sacred geometries of light that comprise matter. It is the awakening of matter itself, the transformation of physical matter into true matter, matter that is capable of being a vehicle for Spirit. This is how it was meant to be, and it has taken us 13.6 billion years of evolution for this possibility to now unfold.

There is a river rising, strong and deep. It is rising up now to meet the descent of this field of light. It is a time we have long awaited, the Mother and I... to help seed this joyful event for all creation. It's the descent of creator consciousness into creation.

This consciousness I now represent as supramental light is a consciousness you can each receive to the fullness of your capacity, the fullness of your intention. Anchor it through your body, hold it for the Earth, for all life.

Thank you is all there is to say.

BABAJI

Many readers may be familiar with Yogananda's book *Autobiography of a Yogi* in which he mentions the Himalayan yogi, Babaji. As a teenager I was deeply inspired by this book. Babaji has since emerged as a primary teacher for me.

The following message was received for the New Year of 2011.

A new year, a new push forward. The current is very strong now, and many of you will find it somewhat overwhelming. The time to

stay clinging to the shore is past. Trust the current to carry you. It is a place you have not entered before, where nobody has entered before. Such is the evolutionary process. You cannot take the old world with you.

Old identities and systems that no longer sustain the whole must perish. What looks like chaos is the gateway to new consciousness. As you trust this river of change things will move rapidly and purposefully; a new world is waking up to itself.

You will notice these changes in your personal lives as well as in your collective reality. Some of it may feel painful or chaotic, but it is part of shedding an old skin. You have entered a time when you are purposefully creating history by the power of your awakened consciousness.

There is not much more to say. Each of you is linked directly into a network of light. This grows stronger within you as each day goes by. This is a period of testing and awakening. Once you are awake you will each have a role to play in a massive transformation on all levels of planetary existence. Stand tall. These are the times you were born for.

CHAPTER 39 – FUTURE LIFE PROGRESSIONS

Earlier in this book I shared the discoveries of clinical hypnotherapist Chet Snow as he progressed people forward in time. In states of hypnotic trance, they seemed to experience one of three very distinct possible scenarios. As a transpersonal psychotherapist, I have had the privilege to explore these possibilities with clients. I share below some excerpts that appear to be relevant to our evolutionary journey today. This particular client, a young woman named Lila Hart, seemed to experience the beautiful green earth scenario leading into the experience of directly embodying her light body.

So where are you now?

I am not sure if this is Earth after Shift or a different planet. I am glowing... same lifetime... so it must be Earth... everything is glowing. Things don't look in their material form anymore. Things seem less solid, less dense.

How did this happen? Go back to just before this Shift and fast forward.

I see darkness... lasting three days... three days in linear time. I can't even see the Sun. It's like there's a solar eclipse. My human body is in a deep slumber. I think many people are asleep. There is a darkness on Earth. But there are some other beings on the planet. They are all in their light body. They came while we were in darkness, while we were lying in slumber, to assist us in the process of going through the Shift. They are with us. Earth is in a slumber as well. Earth is undergoing some changes as well, not just us humans.

What kind of changes?

The vibration of Earth is changing. Just like our bodies our transforming so is Earth... so beautiful... so beautiful.

(At this point, Lila began to experience extreme discomfort and difficulty with her breathing. It seemed that her physical body was not able to handle the intensity of this light. I brought her out of trance at this point. A few days later I guided her to a place where she could connect with her light body, and we went back into that same world.)

So you're in a body of light after the Shift. How does it feel?

Feels wonderful, I love this body... hmmm... it feels so nice, feels really good.

Does it feel very different from the physical body you had before?

Yes, my heart chakra feels so... I'm feeling so much more... I'm feeling light, I'm feeling the Spirit in all that is in matter... hmmm... it feels so nice... my body is this white-light-bluish glow.

It's still a body?

It's a light body, not solid matter like the flesh body, a different vibration. I can feel with my heart, feel things without touching them.

What kind of things?

I can feel the light in plants and trees, I can... everything looks very beautiful. Things are much more dynamic, not so static and solid as they are on the physical planes of matter.

And your senses can reach out further?

Yes. I see the energy flow like... if I was to look at a tree in the human body I would see outlines and leaves very sharply, but the energy that flows through it I could not see. That's how I see things now. I see what flows through, what's behind the form, behind the physical appearance, what lies at core, the true essence.

What about hearing?

It's different. It's a different kind of hearing, hard to describe it. More like hearing vibrations, let's say energy can vibrate on different

levels, different frequencies. I can hear them now, that's how I hear... .

Okay, continue on. What other senses do you experience?

The feeling thing is so strong. My main sense is feeling. That's how I tend

to experience things, just feeling them, feeling this source, feeling Spirit and all that exists, feeling the interconnected between all things, communicating with this inner connectedness.

And touch is very overwhelming, very profound and deep intense experience. It's nothing like a human touch. When I am in my light body and if I were to touch another being, another light body, like holding hands or touching, it's very intense, it's because everything exists on this feeling level... it's like blending together your energies... its really profound.

So how many beings are there in this world that you see?

I cannot tell. Everything feels one... like there is only one being. We may exist separately in these forms of light but we're not separate, we are one being.

So describe your body. Is there any gender?

No.

How does your body look?

It still resembles the human body in some ways, like in contour. Much taller. There's differences in light bodies. Some are very, very tall and slender, hmm, yes, others seem quite short.

So what's the difference based on?

There are different beings from different star systems. They are not bound here. They can come and go.

So let's go back to the Shift itself. You mentioned earlier there were 3 days of darkness and people were going into different dimensions. So what actually happens during this time?

If they are vibrating on a particular dimensional frequency they shall go... it's more like being called to... attracted to a certain

reality based on your vibration... being called there... you long to go there.

So which dimensional frequency are you experiencing now, if you could name it, speaking in very relative terms?

Hmmm... this plane of existence... vibrates on the seventh-dimensional frequency.

From this dimension do you have access to other dimensions that are vibrating at lower frequencies? Can you visit and return?

I can see them. The only dimension I am allowed to go to... I am only allowed to interfere with third-dimensional affairs. The others I have to let be.

(As she focused on the third-dimensional world, she began to see some rather catastrophic events happening: volcanoes, ash clouds, landmasses breaking and shifting. In the midst of all this she sees a light).

There is a light on Earth. I don't know what it's doing there. I was under the impression all the lights had left by now. It's a being in the light body. I'm being called towards this being.

So who is this being?

It's strange. I am not sure what... I am seeing simultaneously Earth in chaos and then this green paradise which is Earth, unravaged, untouched... they are existing simultaneously.

Different dimensions?

No.

Two parallel realities?

Yes. I am trying to figure out why these two different realities are co-existing.

Go to this being that you see. Ask him to explain.

They are co-existing because this is before the Shift. It's during these three days that it is decided what will happen. They are still there simultaneously because either could be the third-dimensional Earth. This being is here to ensure that the green untouched Earth

will be the reality which will prevail over the other chaotic disruptive one.

So everyone gets to experience this green beautiful Earth?

No.

Okay so what happens?

I'm feeling there are several possibilities. Those souls who have not evolved enough to go through the Shift can continue life on different planets as well. They won't be on Earth.

And Earth has two choices — to be destroyed and extinct or to renew herself?

Earth will not become extinct. Even if the chaotic and destructive Earth would prevail it would not go extinct, it would not die. The planet would revive after all the rupture and chaos. The Earth survives no matter what.

So it would be like a new incarnation of Earth?

Yes. The timelines and possibilities for what is happening after the Shift and the days before the Shift are not definite. As human consciousness evolves and grows up to that point the scenarios keep changing.

So the longer we wait before the actual Shift the more likely it is that human consciousness would evolve further, so that we will choose the green Earth?

Yes.

So when in human time do you see the most likelihood of this Shift happening?

It may take centuries before man has evolved enough. However, the Shift will take place sooner, much sooner. Help will be given. No dates.

Has this happened before — these times of Shift?

Yes.

What's the difference between this time and previous times?

A large mass of people will go through this Shift. It is designed so

that many, many souls can experience this accelerated growth. Many, many beings are involved and working for this. It is like a project, like an experiment to see what will happen, how this Shift will progress with so many humans, so many souls incarnated in human bodies.

Is this an experiment that involves other galaxies and universes?

Yes.

So in a sense when the Earth experiences the Shift to the green planet it changes the vibrational frequency of the whole material universe?

What do you mean by the whole material universe?

The galaxies, stars, visible and invisible.

If Earth's vibratory level is successfully changed, even this third-dimensional Earth will go up in frequency and vibrate at a higher level. Should this succeed it will allow access to different star systems.

So what's the purpose of this evolution right now — experiencing ourselves incarnated in solid matter, forgetting the connection with Spirit, feeling separate in time and space, feeling limited, feeling the pain and suffering of duality?

It is only to realize that none of it is real. There is no suffering in consciousness. There is no separation in consciousness. This forgetfulness allows for experiences. If we were fully conscious coming into physical matter we would not experience suffering, even if suffering is only illusory. Yes... once we are able to gather these experiences the joy is indescribable... even though in our limited states we may see them as suffering. These journeys, these experiences are very valuable to soul, to Spirit, yet we do not understand it when embodying these human vehicles... we do not remember with what joy we took birth in these bodies.

Perhaps this is a good place to end for now... reconnecting with our purpose... reconnecting with the joy which permeates our

journeys on Earth!

I would like to end this section with a profoundly hopeful vision experienced by Grace Sears, who has travelled through India many times in the past few years.

CHAPTER 40 – A VISION OF HOPE

By Grace Sears

India has been a place of great activation for me. It is a place where I experience spiritual clarity and connection to other realms and other times. I feel a knowing that all things exist simultaneously, and that we have access to what seems other-dimensional if the veils of “reality” have sufficiently thinned. I feel the Great Mother often in India. I hear her voice and sense her movements.

I would like to share an inner vision that I experienced here some time ago. It is one of the profound gifts I have received from Mother India. This vision has been of deep comfort to me. I am sure it will serve to comfort others during these tumultuous times of transition and change.

It began in south India in January of 2009 with a powerful mystical experience. I found myself observing my body from a higher perspective. My identity existed in a state of unity that was within and yet beyond the physical body. I contemplated the symmetry of my body — two legs, two arms, two eyes, two lips... Was this the reflection of the duality intrinsic in human form? I touched my face in wonder and amazement.

I proceeded to weave myself back together in this state of higher consciousness. I was in a cocoon of pale golden white light, dense but fluid, looking much like images of Osiris on the walls of Egyptian temples. My arms were bound, but my feet seemed to be visible within the cocoon, and my face was uncovered with a band of brilliant gold around it, radiating immense light and joy. I could not think in linear fashion, nor hold any thoughts, but I felt an awareness that I was done. There was nothing left to do on Earth, nothing to

have, become or experience. There was nothing that interested me, nothing I desired on a human level anymore.

For several days, I remained in this state of completion, content to be without desire or direction. I was unsure whether this meant I had finished the tasks of this lifetime, or whether it was a transition to a different mode of existence.

A few days later, my friend Audemarie and I were in a taxi heading to visit Kiara. He was set to emerge from his kayakalpa retreat — a month-long rejuvenation program that involved cleansing with ayurvedic herbs done in darkness and solitude. Audemarie told me she was planning to go through the same treatment a couple months later.

As we sat together, I knew with a deep inner certainty that this was what I was being called to do also — to rejuvenate and purify my body to hold more of the light of the new times to come.

When we arrived at the ayurvedic center, I spoke with the doctor and we agreed that I would go into the kutir — the womb-like hut designed specifically for kayakalpa retreats — for one full cycle of the moon.

In May of 2009 I underwent my kayakalpa retreat. It was a powerful experience. I had many visions and awarenesses, amplified by twenty days of intense kundalini activity. Often, as the kundalini rose to my head centers, I would experience inner visions of great clarity and knowing. Sometimes I experienced differing visions on each side of my head.

I oftentimes “visited” a Buddhist monastery high in the mountains, perhaps somewhere in Tibet or Bhutan. I could see individual monks in perfect detail. I saw the way the light touched their faces and reflected in their eyes. I heard the music, the voices, and even the wind.

Often in these visions I would see an immense golden statue of Buddha. Worshippers in beautiful silks were seated in a semicircle in

front of the statue with their arms and foreheads on the floor.

On the second to last day inside the kutir, I saw a Tibetan-looking man wearing a hat with earflaps struggling up a hill in a heavy snowstorm. He seemed to be pulling something with great difficulty. This vision was on the left side.

On the right side, I saw the huge golden Buddha and the silent worshippers in their beautiful silks. Chinese soldiers were running toward them dressed in black with strange hats and weapons. They seemed invincible in their hatred of the Tibetan monks. They were filled with an intense and destructive rage. They were so convinced that they were right and unable to accept the truth of the other. I was aware that nothing could be done from this plane of consciousness to stop their advance.

On the last day of my retreat, as the kundalini rose once more, I saw the same visions again — the golden Buddha and the Tibetan man struggling in the snowstorm. Then, as I watched, a second sun unexpectedly rose in the sky, but from the west. Instantly, the blizzard stopped and the snow melted. The mountainside turned fresh and green, dappled with wildflowers. The man walked with ease up the path leading his donkey, smiling. I could see he was on his way to the peaceful monastery on the crest of the next mountain.

As the rays of the second sun struck the Chinese soldiers, they were driven rapidly backward — shriveling and disintegrating. Then, as I continued to watch, they formed a second semicircle, much larger, around the worshippers, also dressed in lovely colored silks, sitting in lotus position, silent and serene.

This vision gave me great comfort. I knew absolutely that we are taken care of as we move into a new time, a new world, that will manifest at the right moment in a seemingly miraculous way.

What we are unable to change on this plane despite all our struggles and intentions is accomplished effortlessly, or rather, it simply IS, as human consciousness makes the Great Shift.

May we be blessed, grateful, and filled with joy!

PART VI – FURTHER PRACTICES FOR AWAKENING

In the following section of the book, I outline certain practices that have been useful to me, some of which have been adapted from my earlier book *Doorway to Eternity: A Guide to Planetary Ascension*.

My joy is like Spring, so warm it makes flowers bloom all
over the Earth.

My pain is like a river of tears, so vast it fills the four
oceans.

Please call me by my true names, so I can hear all my
cries and

laughter at once, so I can see that my joy and pain are
one.

Please call me by my true names, so I can wake up, and
so the door

of my heart can be left open, the door of compassion.

—Thich Nhat Hanh, Buddhist monk and peace activist

CHAPTER 41 – THE SOUND CURRENT

The practice of the sound current , also known as the divine sound, is a foundational practice for linking directly with the soul. It comes from the Himalayan masters of ancient India, and is a foundation for many Hindu, Sikh, and Sufi meditation practices.

When electricity runs through a power line it produces a humming sound. Likewise, when higher spiritual energies run through the circuitry of the human body, there is an interface between the two energy fields that we can hear within our heads as a current of sound. All creation is a manifestation of sound, the eternal OM. This same sound can be heard and felt within our own bodies. You might first experience this as a very subtle, almost subliminal, tone. Later, or in deeper states of meditation, it can become so loud it drowns out everything else through its vibrancy.

Experience of the sound current varies depending on the degree of one's inner attunement. You might hear it as a buzzing or a ringing, or as the sound of waves along the shore. It could be a clear ringing tone or the roar of thunder. However it is first experienced, as you bring your attention to that sound it becomes stronger and more coherent until it eventually merges into the music of the spheres.

The sound current is a very sweet sensation of subtle sound. In the beginning it might help to cover the ears or go to someplace absolutely quiet. As you become more accomplished with this practice, you hear this tone constantly, and it serves as a continuous link with the soul. You might notice that this pitch changes as your brain wave rhythms change.

It also changes when you are in the presence of higher vibrational beings. You can begin to distinguish the energies of various inter-

dimensional beings by the difference in tone. Likewise, when you are out in nature, taking the time to soak in the vibrancy of sounds and colors, you begin to notice changes in the sound current as you connect with various elemental energies and nature spirits. As you match frequency with another being through the sound current, you might experience deeper levels of communication.

This same principle applies to areas within your own body. The state of cellular health matches the frequency to which it vibrates. As we pay attention to the sound current, it lifts the vibrational frequency of each cell into greater octaves of health and vibrancy. You begin to communicate with your cells and they begin to communicate with you. Eventually this transforms the cellular frequency, freeing up emotions and physical dis-ease.

Most people first experience this tone inside the head sometimes closer to one ear or the other. In Shabda Yoga the sound current is said to usually enter through the right ear. Notice where you hear this sound current. Over time you may find that you begin to hear it through every cell of your body.

You begin to observe how it corresponds with various sensations. Eventually the denser tones and frequencies give way to subtle currents of blissful light.

Find a quiet place where you can simply listen. Allow yourself to become aware of distinct sounds around you. As you deepen into this receptive mode, begin to notice the sound current — a sound emanating inside your own head. It may sound like crickets buzzing or a bell tolling, like waves on the seashore, or a high-pitched hum. Notice what you hear and simply deepen into it.

As you attune you may become aware of more than one frequency of sound. Simply focus on the highest tone you become aware of.

Notice where you experience this tone. In some traditions it is recommended to focus on the tone closer to the right ear, while in

other traditions it is preferable to focus close to the center of the head. Eventually it will become a resonance that pulses through the entire head and even through every cell of your body. If you cannot hear the sound current at first, simply cover your ears with the palms of your hands. Notice what you hear. Begin with that.

See if you can maintain this link with the sound current — this link with the frequencies of your soul — for as long as possible.

CHAPTER 42 – VIPASSANA MEDITATION

The practice of Vipassana is an ancient Buddhist teaching for experiencing full body enlightenment through the awareness of sensations. The term vipassana means insight — insight into the truths of impermanence, suffering, and liberation through experience of the no-self. The Buddha taught that sensations in the body are the doorway to the deepest levels of the mind, and therefore the deepest levels of enlightenment.

Energy follows attention and as we bring our awareness into our body, its vibrational resonance begins to change. We find over time that what we have experienced as gross matter is teeming with subatomic currents of light. We begin to connect with the ka body, or the pranic body. Eventually we enter deeply into these currents, and experience ourselves in bodies of light. This can be a prelude to the experience of true matter that Sri Aurobindo and the Mother referred to.

We begin by learning to simply experience things for what they are, without trying to change anything, without trying to repress unpleasant sensations, without craving for pleasant sensations. As we experience sensations for what they are, we experience the loosening of karmic knots long carried in our consciousness. We bring our attention back and forth through the body, from head to feet and feet to head, all the while remaining in a state of equanimity. Like the sound current the practice of vipassana meditation is deceptively simple yet capable of leading us to the highest realms of spiritual experience.

Emotions may come up to be cleared. As that happens, we simply look to see where we experience those emotions and translate them

into sensations in the body. It is not important to process these through the mind. The body carries karmic imprints known as sanskaras, or miasms. When these are seen for what they are without resistance and without attachment, they simply dissolve. Profound physical and emotional healing is possible in this manner, as are deep levels of soul or God-realization.

Please be aware that all the meditations in this section of the book are designed to take you into deep altered states where unified consciousness can occur. If you find yourself falling “asleep” in the beginning, know that your sub-conscious mind is still receiving the energy. Eventually, as the bridge gets made, you will find yourself able to access your multidimensional self more consciously.

The following narration incorporates the sound current and vipassana meditation.

Let yourself listen now to the sounds around you. You are reaching out with all of your senses as you listen. You are listening for every sound, the spaces between the sounds, and letting the external sounds take you deeper and deeper into the silence within. Now turn your attention inwards. Listen to the silence. Listen to the sound current within that silence as you let your breath become slow and subtle. The sound current is a rich subtle tone or hum that you hear, either subliminally or audibly, in the center of your head. It is the still, small voice of God within. It is your soul’s link into your central nervous system. As you open into that silence, feel the gratitude and joy of just being, of being a part of this great divine plan of creation in every moment.

Let yourself deepen now into the experience of the sound current.

And now we will combine the practice of listening to the sound current with the practice of becoming aware of sensations through the body. Bring your attention to the top of your head and become aware of sensations in your body. It could be any sensation — it could be vibration, pulsing, tingling, throbbing, a sense of pressure,

or even pain.

You might experience heat or coolness, or fine, subtle, electrical energies. You may experience numbness or the absence of any feeling. It is not even necessary to find a name for what you are experiencing. Just experience whatever it is that you are sensing without trying to change anything.

Slowly move your attention through different parts of your body. From the top of your head, bring your attention into your forehead and along the temples, along every part of the scalp, and then the eyes, and deep into the eyeballs. Become aware of sensations and then simultaneously listen beyond the sensations to the tone, to the sound current. It's like a cellular frequency, a cellular vibration.

Gradually now, moving down to your nose, your cheeks, out to your ears, down to your mouth, your lips, chin, and jaw. Moving down the back of the neck, down to the throat, and then moving your attention from one side of the head through the center of the head, slowly moving through to the other side and then back. And then from the front of your head slowly moving through to the back of your head and then once again to the front.

As you bring your attention to every cell within the body, surface as well as deep, energy follows your attention. Your body is waking up, reclaiming itself, remembering. Make sure you are experiencing actual physical sensations directly within the body, rather than something you are only visualizing in your mind's eye.

And now moving from the throat down the shoulders, one shoulder, one arm at a time. Become aware of any tightness, any soreness in that shoulder, any tingling or vibration or pulsing, the grosser sensations as well as the subtler sensations. Just be aware of whatever you experience without trying to change or judge it. Move down the arm to the elbow, the surface of the body as well as the deeper muscle tissue and bone. Notice the differences of sensation in different densities.

Let your breath become circular — the inhale following the exhale following the inhale — without pausing in-between. As you continue to breathe in a circle, become aware of places where you tend to hold your breath. This is where energy patterns have become stuck in the body. Allow yourself to breathe through these places. Move down to the wrist now, and then the palm of the hand and the back of the hand, all the way down to each finger, and the tips of each finger, experiencing all the sensations, surface and deep, not leaving out any part of your body.

Now start down the other shoulder and arm, moving your attention slowly part by part down the arm experiencing all the sensations you possibly can without labeling them, without trying to define them or judge them. Just experience it as sensation, pure sensation.

Down to the elbow now, moving down to the forearm and the wrist. If you experience pain, become aware of the components of this pain — where it begins, how far it extends, and what it is made of. Become aware of sub-sensations within that pain. Moving down your hand, the fingers, front and back, and then the fingertips, aware of slight variances at different depths and layers, vibration, pulsing, pressure, and temperature.

Now move your attention down the front of your body — from the throat down to the chest, the lung cavity, the rib cage and the sternum, down through your heart and the internal organs. Slowly move down to the abdominal area, the solar plexus, the belly, the internal organs in your belly cavity, down to the pelvis and the genitals. You are aware of sensations, whatever sensations you experience, simply being aware, all the while remaining totally equanimous. Moving down the back now, starting with the shoulders and the shoulder blades, experiencing sensations within your spine, the muscles along your back, the tissues, and the bones. Slowly moving down to the middle back and then to the lower back.

Now allow your awareness to penetrate right through the body, from the front of the body through the center and out the back, and then from the back of the body through the center and out the front. Continue this way as you slowly move down the trunk of the body, beginning from the throat, moving through the layers down to the waist and the pelvis.

Then bring your awareness from the right side of your body through the center and out the left, and then from the left side of your body through the center and out the right, passing through all the deeper organs, bones, tissues. Allow your breath to continue flowing in a circular fashion without holding or interference. Let your breath become very, very subtle. The more subtle the breath, the more you can feel the subtle sensations.

And we come down to the buttocks. And now move your attention down one leg, down the thigh, surface as well as deep, front and back, and side to side. Just pay attention to any and all feelings, any and all sensations. Again, without trying to change them in any way, just observing, witnessing, being with, allowing. Let yourself feel gratitude for your body, this wonderful, amazing body, this intricate network of cells and organs held together and functioning in such a miraculous way.

Moving down now to the knee and the lower leg, really being with your body now, aware of the energy flows, noticing how each flow of energy is rising and falling, rising and falling, in continual change. Moving down to the lower leg, the ankle, the top and bottom of the foot, down to the extremities. Allow yourself to feel all the pulsing rhythms, every sensation. Allow your breath to be natural. It might change from time to time as your body opens up.

Now moving down the other leg. Down the thigh, slowly moving down to the knee, back and front, and then side to side. Down through the lower leg, feeling the subtle electricity, down to the ankle, the top and bottom of that foot, and all the way down to your

toes.

And now we are going to switch directions and start moving up the body. This time let's do it simultaneously up both legs, and then simultaneously up both arms. A little faster this time. Once you become aware of your body part by part, you can also "sweep" through your body, and experience the flows of energy through the electrical channels. So, a little faster this time. Moving up both legs together, starting with the toes, moving up the feet, up the ankles, the lower legs, front and back, up to the knees, up the thighs, through the entire pelvic region.

Moving up the front of your body, sweeping up to your throat, then moving up the back of the body, sweeping up to your neck. And now starting with the fingertips, moving up both arms simultaneously — up the hands, the wrists, forearms, up to your elbows, upper arms. And then from the shoulders, moving up into the neck, front and back, moving up the face, experiencing all the sensations as you go along, up to the chin, mouth, nose, cheeks, eyes, temples, ears, and forehead. Moving up the back of the neck, all along the scalp and up to the very top of your head once more.

(Depending on time available, you may wish to go back and forth from head to feet several times more.)

Now, get a sense of your whole body, together, as a single unit. And again, listen for the sound current. Notice if it's changed or deepened, and listen again to all sounds within and without, noticing how you've become a part of each sound. A subtle current of sound begins to vibrate through your entire body, and takes you into a deep, deep stillness. Remain in this profound stillness now, letting go of any thoughts, any effort, any activity.

When you're ready, gently come back into outer awareness.

CHAPTER 43 – TIMELINE HEALING

Meeting my future self was a powerful experience for me. I realized that just as he had much to tell me, I could likewise go back and meet aspects of my past that needed to know what they were evolving into. The following meditation came from these explorations:

Go back in time now, noticing all the different faces that show up. Let yourself feel the gratitude, and shower that gratitude to all of those faces in time that have brought you to this present moment — whatever those faces felt or did or thought or looked like, however alien or however connected. Go back over your life stream, all the way back to childhood, infancy, birth, womb, and conception. Notice how all of these aspects of yourself are still within you on some level, shifting and changing, but somehow creating that seed, the roots that bring you to this moment. Bless all of these past selves and bless all the people in your life and the circumstances in your life in each of these past years.

You might remember times when you were feeling especially lonely or lost. Do you remember seeing an aspect of yourself coming in from the future just to let you know that you're okay, to let you know that you're growing and moving, that your life isn't over yet? As you breathe into the hallways of your past with love and compassion and gratitude, letting your strength extend back, you become this breath of life and hope to these aspects of your past. Talk to them, let them know who you are, and that they are not alone. Notice how that changes you in the present.

And now bring yourself solidly back into the present moment, feeling very present in your body, aware of your breath, aware of the

love here for you, aware of being here now without masks, without facades, just being real as you are in the fullness of your spirit. Feel your heart open with gratitude for this moment.

And now, in present time, visualize coming towards you from the white mists a being of incredible beauty, incredible love, wise beyond understanding, and radiant with power. There is a radiance here so strong and so real and so beautiful that you are filled with a deep sense of awe. As this being comes closer and closer, you notice that there is a certain resemblance to yourself, and then this being comes right up to you and greets you and says, "I am your future self. I have come here from a point in the future to remind you of what you are becoming, and that what you are becoming is part of who you already are. I love you!"

You feel this radiance flood your being as your heart opens to receive this being within you, and all your ideas about who you think you are, or who you think you are not, just dissolve into the presence of this radiance. As you feel this presence, let your body respond to that vibration. Feel your frequency shifting on a cellular level. Feel the energies moving. Feel an expansion within each cell, within your aura. This being who stands before you now is no longer separate from you. You are gradually merging into one being.

Let yourself merge with the aspects of yourself from the past. And now welcome the perfected aspects of yourself from the future. There is only ONE moment, and it is THIS moment. All these aspects of yourself from across time and space are now beginning to merge, integrating into this one moment.

Welcome this wholeness. This future aspect of yourself can be a guide, speaking words of insight and wisdom that can help point your feet when there's confusion about what lies ahead. This future aspect of yourself can be a reminder of who you truly are when you think you don't know. Just allow for that deep and rich merging; a knowing and remembering that all that you long for is already here.

Joining hands with this future aspect of yourself, walk back in time again, back in time to the past where specific traumas and fears have been held. Allow this new presence to guide you in reframing these events. Recreate the past all the way back through the years of adulthood and childhood and infancy, back to the womb as a fetus, all the way back to conception. And then, as a free spirit, see yourself before conception, see yourself entering other incarnations, moving through cycles of grief, betrayal, pain, and terror, with your future self walking beside you to reframe all these events, lifetime after lifetime, knowing you're never alone.

See yourself going back all the way now to the moment of original separation from Source. Notice what comes up for you. This first moment of separation carries the seed of everything that you ever experienced later. In that first moment of separation from Source, you may have experienced loss, grief, loneliness, fear, terror, isolation, betrayal, or pain. And now go back beyond this moment to the state of original union. Experience the ecstasy and the oneness of pure being in conscious bliss. You come into a deep understanding of your larger purpose for the incarnational cycle. Your future self, who is walking with you, now meets your original self, and you come full circle.

And now you move forward in time again, moving through all the incarnational cycles that follow, carrying this memory and this sense of original union, moving forward through all your lifetimes into this current life, and all the years of this current life into this present moment, and then into the eternal moment, having gained a fuller understanding of your life and purpose, letting this understanding heal you.

Your future self is a Christed being. As you bring this reference point into your cellular knowing, notice how it changes your awareness of yourself. Can you any longer play at being small or insignificant or unworthy or weak? Who are you really? Let yourself

experience the fullness of this Christ that you are.

And now, as you slowly bring your attention back to here and now, remain connected to this eternal moment where your Divine Presence dwells beyond space and time. Very slowly, breathing deeply, bring your awareness back to your body, to this place, to this circle of friends, and to this new moment.

CHAPTER 44 – BUILDING PERSONAL ENERGY

We lose vitality through entropy. Our bodies age and then we die. How do we maintain vitality in the body and even reverse the effects of aging? Cellular vitality has to do with being fluid — allowing the exchange of energies going out and coming in.

It is the same on both micro and macro levels. When we become a closed system, we age and die. How do we remain an open system? We accomplish this by allowing an exchange of energies through our bodies from the Earth below and Sun above, then merging them within the heart and expanding them out through the aura. The following meditation is a guide to building your personal energy fields.

Become aware now of your breath. Take slow, centered breaths, inhaling and exhaling in the same rhythm without a break, allowing your breath to deepen. Notice at the top and bottom of each breath, as you turn the wheel of the breath, that there's a certain charge of energy that comes in. Now, as you connect with the Earth, feel that rich, deep connection with the heart of the Earth Mother through a tube of light that runs vertically through you, connecting to a grounding cord below you.

With every inhale, you feel that powerful, nurturing quality of unconditional love and beauty moving up from the center of the Earth, through all the layers of the Earth, then up into your feet, and moving up part by part throughout your body. A subtle vibration of Earth energy begins to flow up and all the way through. With every exhale you are releasing any tensions, fears, stresses, and anything that takes you away from this present moment. With each breath, you arrive deeper and deeper into the present moment, deeper into

stillness.

As you begin to resonate with the Earth, there's a subconscious or cellular resonance with the rhythm or heartbeat of the Earth. Feel how your cells and the DNA within the cells begin to respond. There is a subliminal sense of entrainment, as if you were a tuning fork resonating with another tuning fork, and your breath is that bridge. Feel the living presence of the Earth merging with you through this new frequency. Feel yourself welcoming this in gratitude, in love, in interconnected oneness.

Now feel the starry connection through the tube of light extending upwards, up to the Sun and from beyond the Sun to the luminous center of our galaxy. Feel that luminous energy being received with each inhale. It is like a liquid golden light, a fountain of energy that moves down through the crown and through the chakras awakening the sun within each chakra, a sun within each cell. Allow your body to drink in this liquid elixir of life. Feel it transform. Feel the merging of the dimensions. This third-dimensional form begins to merge with fourth, and fifth, and sixth-dimensional forms, up the dimensional realities into absolute oneness with All There Is. Listen to the sound current, which is the bridge between realities and dimensions.

Now connect the stream above with the stream below receiving from the Galactic Sun and breathing out into the Earth; and then receiving from the Earth and out to the Galactic Sun. Then as you breathe into each cell, feel that same resonance with the galactic center within each cell. Let the cells of your body become stars of light.

The energies emanating from the galactic center are new frequencies that the Earth is receiving as she prepares for her supramental form. As you receive these frequencies now from the Sun above and from the Earth below, merge them together with your next inhale, breathing them in simultaneously into the center of your

heart. As you breathe out, feel that energy radiating out through the body, going through every cell and into the aura, extending three or four feet around the body in every direction.

It's like blowing up a balloon with liquid gold light until the skin is stretched out full, bright, radiant, and powerful. If there are any areas in your aura that feel weak, weave this gold light into those areas. Feel your aura becoming whole and strong, and likewise feel every cell in your body becoming radiant with light.

As your energy field increases in sensitivity, call in your masters, guides, nature spirits, and angels. Call in masters from all times, spaces, dimensions and realities. Call in your higher self, which is trans-dimensional and seeks to incarnate fully now. Let the sound current carry you deeper into the fullness of presence, into the presence of fullness, into a deep stillness.

And now, slowly, taking some deep, steady breaths, return your awareness into this room, while at the same time maintaining this expanded consciousness. Become fully aware of your body, here and now, and open your eyes.

CHAPTER 45 – THE DOLPHIN HEALING VORTEX

I have heard many stories about babies that are born in the presence of dolphins who seem to come in with very few veils. My sense is that dolphins, through their ability to interact inter-dimensionally, and with the use of their sonar frequencies, create a portal of entry into the physical dimension through which the incoming soul can fuse with its chosen incarnation with very little distortion.

There is a veil around the Earth at this time built from the mass thought-forms of fear and limitation. As a soul enters birth from the realm of Spirit, it passes through this veil absorbing thought-forms which then imprint into the nervous system as a veil of separation. Dolphins know how to circumvent this veil. The following meditation invites the dolphins to create a healing vortex as we go back in time to our own moment of entry into birth.

Let yourself go back in time now, back through the years, back into your childhood, and then back to the womb, back through all the months as a fetus to the moment when your soul first joined the body. Go back even further now, back to your journey of entry into this body. See yourself as if you were running a movie backwards, spiraling counterclockwise up through a spinning vortex and returning to the realms of light.

You see yourself moving through the veil of separation. As you move back in time prior to this, you see that you are surrounded in a clear, golden light, and experience full access to your higher-dimensional self. Here you understand clearly who you are, what you are, and your purpose and destiny for the incarnation you are about to take. Attune to this knowing now — your deep soul

presence.

Stop the movie now, and become aware of a pod of dolphins in the oceans below. They know you are coming in, and they wish to enthusiastically welcome you to the realms of Earth. They wish for you to remember who you are as you come in and to dance your joyful song of creation with them.

They begin to swim in clockwise circles, faster and faster, more and more ecstatic, creating a great vortex of light that stretches up through dimensions seeking you out. You notice that, as the vortex moves through the veil of separation surrounding the Earth, it's leaving a hole big enough for you to comfortably slide through on your descent into birth.

So you begin your descent now. The dolphins have been with you all along, and they accompany you down through layers of density, down through the hole in the veil as you descend through all the layers of creation and into your physical body in that first moment of conception. You are alive with the frequencies of light and the remembrance of who you knew yourself to be in the spirit worlds.

Continue moving forward in time. See yourself repatterning your physical body and life experiences. See yourself carrying these frequencies of light all the way through the womb, all the way into birth, and then beyond. See your nervous system and the DNA within the nucleus of your cells responding to these light frequencies and creating for you a body of light in which it is very easy to embody and express yourself.

See your organs and glands, your bones and muscles, your chakras and meridians and nadis and ka channels, all being encoded with these frequencies of light. See yourself moving forward through all the years of your childhood, youth, and adulthood, bringing in these new frequencies of light to replace the density and stickiness from the mass consciousness thought-forms of fear, limitation, unworthiness, and lack.

The dolphins are still around. Having midwifed you into birth, you are now part of their pod and you know you will always feel their presence. They are linked with you now and you can call on them whenever you need to be reminded of who you are. They bring a delightful spirit of play and joyfulness, freedom and ease into your life. You express love and receive love in every moment of your life. For love is all there is!

CHAPTER 46 – EARTH SKY MEDITATION

As humans we embody an electromagnetic polarity. Our feet represent the negative pole and our heads represent the positive pole. When we are grounded with the Earth and equally linked with the sky, our bodies become an open circuit through which cosmic energies can flow. We can then expand out past the skin-encapsulated ego and connect with larger fields of consciousness, or dimensions, surrounding us.

Grounding refers to the process of anchoring higher-frequency energies safely within the body, much like a step-down transformer changes high-frequency electrical energy into a form that can circulate safely through the wiring system of a house. The deeper and stronger the Earth connection, the more powerful the sky connection can be.

For this meditation we will be visualizing a fiery Sun in the very center of the Earth — the Inner Earth Sun. There is an energetic gateway between our Inner Earth Sun and our Outer Sun. As we link to either one, we also link to the other, which in turn awakens the radiant sun within our own heart and eventually within the heart of each cell within our body. The gateways into higher dimensions are subatomic. We access these through connecting more directly with these centers of light below, above, and within our own bodies. The following visualization assists in opening and unifying these centers of light.

When first starting the meditation, visualize figure 8s, or infinity spirals. Later, you might wish to simply visualize and sense the pranic tube, or tube of light, that connects vertically through all these chakras, or centers of light, above and below. You might visualize

this tube 3 to 5 inches in diameter at first, gradually widening with practice.

This earth-sky meditation can be used as a preparation for Planetary Linking, which is a group meditation described in the final chapter of this book.

Begin with slow, circular breathing, the inhale leading directly to the exhale, which leads directly to the inhale. The circular breathing allows you to access deeper awareness within your own body.

Bring your awareness now into your heart, awakening the sun within, feeling it radiating out further and brighter with each breath. Take time to deepen here at the heart. Now, from the heart, make a figure 8, looping front and down to the solar plexus chakra, back and up to the heart, then front and up to the throat chakra, and returning back and down to the heart. Use the circular breath to activate these two chakras fully until each is experienced as a bright radiant sun. Stay with this for a while.

Now, from the heart, make a figure 8 loop down to the sacral chakra, back to the heart, up to the third eye, and then back down to the heart. Continue until you feel these chakras becoming fully activated.

Next, link together the root and crown chakras in a figure 8 loop, again centered around the heart. Feel these chakras lighting up. Again, let your breath be slow, subtle, and circular. As you deepen, you might find that your breath seems to stop completely at times. Let your breath simply follow its natural course.

Now extend a figure 8 loop connecting down to the earth chakra, then back to the heart, up to the soul chakra, and back to the heart. These chakras are at a distance of about half a meter below the feet and half a meter above the head. Let each of these polarities become merged within the heart.

Once these chakras are fully activated, continue the journey along the vertical axis. Link together the energy centers found about half a

mile below the feet and half a mile above the head. As these awaken, notice what happens to your sense of self. Do you feel more expanded, more inclusive, more alive?

Now, again starting from your heart, journey in a figure 8 loop to the sun in the very center of the Earth, linking this to the Outer Sun, imagined directly above. As you do so, experience fourth-dimensional gateways beginning to open.

These gateways are situated within the Inner Earth Sun. Notice what happens within your consciousness as these gateways open.

In the next figure 8 loop, let yourself go even deeper inside the Inner Earth Sun. Feel a fifth-dimensional gateway opening up inside the Earth, and notice again your corresponding shift of consciousness. Move up to the Galactic Sun now, imagined directly above. Feel yourself expanding through this fifth-dimensional gateway to the Mother Star — the luminous center of the Milky Way galaxy. Each time you connect with the Inner Earth Sun, and then up to the Galactic Sun, you feel yourself going deeper and deeper through various dimensional realities.

You are in a very expanded state now. Notice your breath, the sensations in your body, the subtle energy currents moving through you. Notice your sense of yourself as you begin to merge with your galactic body. Each time you move on to unifying another polarity below and above, you find that your consciousness is becoming vaster, expanding further out through the cosmos.

As you connect to the higher-dimensional realities, even the sense of time and space dissolves. You enter into spherical consciousness. Eventually there is no more polarity, no separation between creator and creation. You experience yourself as Atman, one with Brahman, one with God.

And now you prepare to move through sixth-dimensional gateways to the Universal Sun, the very heart of Creator Consciousness, or God. Make an infinity loop now from your heart

down to a sixth-dimensional portal within the Inner Earth Sun. Feel that connection take place. Now, return back to your heart, and then link up to the Universal Sun, imagined vertically above.

As you move through this sixth-dimensional gateway, you become one with the entire universe. You go into the Inner Earth Sun and experience yourself entering into the outer limits of creation. You go out to the Universal Sun, and find that you have arrived back into the deep heart of the Earth.

There is no above or below now, no distinction between spirit and matter, heaven and Earth, dark and light. You experience the universe as a single immense life form, inside which all polarities have disappeared. So breathe in now from both directions simultaneously into your heart. As you expel your breath out forcefully, feel yourself breaking through the polarity barrier, and feel yourself dissolving into a state of pure undifferentiated being.

As you let go of the experience of polarity, you may wish to now bring your attention to the Ilahinoor points in the back of the head, just above the occipital ridge. Listen for the sound current, and allow yourself to simply dissolve into oneness, which is also nothingness. Remain here in this stillness for as long as you wish.

ENDNOTES

Preface

1. If you wish to watch a short documentary that summarizes the basic themes of this book, please visit www.youtube.com/watch?v=DeIThuIrBzs for an interview I did in Egypt with Turkish filmmaker Ahmet Yazman.

Chapter 10. Endangered Planet

1. Mark Lynas' fascinating book, *Six Degrees: Our Future on a Hotter Planet* (London: Harper Perennial, 2008), provides a sobering analysis, based on thousands of peer-reviewed scientific papers, on what is likely to happen as Earth's climate begins to warm up, degree by degree.

Chapter 11. Global Warming and Ice Ages

1. See George Monbiot's website <<http://www.monbiot.com>> for further details.

2. See Robert Felix's website <<http://www.iceagenow.com>> for further details.

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Chapter 12. Vulcanism

1. See <<http://www.ourhollowearth.com>>.

2. See Neal Adams' website <<http://www.nealadams.com>>.

Chapter 13. Sunspots and Cosmic Dust

1. Dr. Alexey Dmitriev, "Planetophysical State of the Earth and Life," <http://www.tmgnow.com/repository/global/planetophysical.html> (accessed March 29, 2011).

Chapter 14. Galactic Superwaves

1. See Paul LaViolette's website <<http://www.etheric.com>> for further details.

Chapter 16. Pole Shifts and Crustal Displacement

1. Drunvalo Melchizedek, "The Maya Physical Poleshift Prophecy," <http://Youtube.com/watch?v=8vWBxi2xTVc> (accessed March 29, 2011).

Chapter 18. Ice Ages, Magnetic Reversals, and Evolutionary Leaps

1. Excerpts from Douglas Vogt's book, *God's Day of Judgment: The Real Cause of Global Warming*, http://www.vectorpub.com/Ch_08_GDJ.html (accessed March 29, 2011).

2. Tim Alexander, interview by Bill Deagle, "Alert: Death of the Gulf Stream – Mini Ice Age Coming," <http://www.youtube.com/watch?v=KIsubC7MFLc> (accessed March 29, 2011).

Chapter 22. Sri Aurobindo and Human Evolution

1. Georges van Vrekhem, *Beyond Man: The Life and Work of Sri Aurobindo and the Mother* (New Delhi: Rupa & Co, 2007), 75.

2. "Sri Aurobindo," Wikipedia, The Free Encyclopedia, http://www.en.wikipedia.org/wiki/Sri_Aurobindo (accessed March 29, 2011).

3. From Sri Gopal Bhattacharya's April 27, 1991 University of Cambridge lecture, "A Fragrant Flower of Cambridge: Sri Aurobindo – His Contribution to Humanity," <http://www.booksite.ru/fulltext/Aurobindo/bhattach/gopal1e.htm> (accessed March 29, 2011).

Chapter 24. Global Initiation

1. Douglas Vogt and Gary Sultan. Reality Revealed: The Theory of Multidimensional Consciousness (Bellevue: Vector, 1978), 450.

Chapter 26. The Many Faces of Hope

1. Marianne Williamson. A Return to Love: Reflections on the Principles of A Course in Miracles (New York: HarperCollins, 1992), 162.

Chapter 28. Emergence of the Butterfly

1. Georges van Vrekhem. Beyond Man: The Life and Work of Sri Aurobindo and the Mother (New Delhi: Rupa & Co, 2007), 431.

Chapter 29. Grounding the Vision

1. Please check out Barry Martin's website <<http://www.luminousself.com>>.

Chapter 31. Gaian Technologies

1. For more details on free energy technologies you may wish to investigate websites such as <<http://www.freeenergytruth.blogspot.com>>, <<http://www.peswiki.com>>, <<http://www.newenergymovement.org>>, <<http://www.globalscalingtheory.com>>, and <<http://www.earthrainbownetwork.com>>.

Chapter 33. Awakened Spirituality

1. Here's my website for further information: <http://www.kiarawindrider.net>.

Chapter 35. A Unified World Order

1. Investigate this rapidly growing social movement at <<http://www.the-zeitgeistmovement.com>> and <<http://www.thevenusproject.com>>.

Chapter 42. Vipassana Meditation

1. For Further instruction and an international retreat schedule for the practice of Vipassana meditation see <<http://www.dhamma.org>>.

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SUGGESTED WEBSITES

2012.com.au — a 2012 Unlimited library

2012timeforchange.com — from conscious evolution to practical solutions

Abundanthope.net — Urantia material

Ascension2012.com — evolution of consciousness

BarbaraMarxHubbard.com — Foundation for Conscious Evolution

BillHerbst.com — good articles on planetary astrology

Calleman.com — Carl Johan Calleman's website regarding his alternate interpretation of Mayan calendar

Castaneda.com — presenting the foundations of Tensegrity, inspired by Carlos Castaneda

Commondreams.org — network for co-creating the new world

Crawford2000.co.uk — earth changes news

Cropcircleconnector.com — crop circles newsletter

Culturalcreatives.org — Paul Ray and Sherry Anderson's website

Diagnosis2012.co.uk — Geoff Stray's website

Disclosureproject.org — Steven Greer's website

Divinecosmos.com — David Wilcock's website

Earthrainbownetwork.com — Jean Hudon's compilations of alternative news

Evolutionaryleaps.com — Robert Felix's website

Experiencefestival.com — experience of global oneness

Earthchangesmedia.com — Mitch Battros' Earth science news

Earthrainbownetwork.com — Jean Hudon's compilations of alternative news

Enlightened-spirituality.org — spiritual awakening

Etheric.com — Paul LaViolette's website
Freeenergytruth.blogspot.com — alternate and free energy website
GlobalOnenessProject.com — a film library representing
interconnectivity in today's complex world
Gnosticmedia.com — esoteric and shamanic news and interviews
Grahamhancock.com — Graham Hancock's website
Greggbraden.com — Gregg Braden's website
Groups.yahoo.com/group/earthchange-bulletins — Michael
Mandeville on Earth changes
Globalfamily.net — education and support for personal and
planetary transformation
Greatdreams.com — dreams of the great Earth changes
Halalexandria.org — collection of articles on ancient Egypt
Handpen.com — Paul Winter's website
Hollowplanets.com — a feasibility study of hollow worlds
Iceagenow.com — research on imminent ice age
Igc.org — Institute for Global Communications, connecting people
who are changing the world
Ilahinoor.net — Kiara Windrider's website
Integralyoga-auroville.com — about Sri Aurobindo and the Mother
Itsrainmakingtime.com — Kim Greenhouse on breakthroughs,
conversations, discoveries
Jayweidner.com — Jay Weidner's website
Jeanhouston.org — Jean Houston's website
Keysofenoch.com — J.J. Hurtak's website
Kryon.com — Lee Carroll's website
Leadingedgenews.com — alternate news
Lightparty.com — health, peace, and freedom for all
Lightworker.com — Steve Rother's website
Luminousself.com — Barry Martin and Karen Anderson's website
Matthewbooks.com — Suzanne Ward's website
Mayanmajix.com — Ian Xel Lungold's website on Mayan calendar

in tradition of Carl Johan Calleman

Mayanprophecy2012.blogspot.com — compilation on Mayan prophecy

Mindsing.org — in pursuit of the consciousness singularity

Mkaku.org — Michio Kaku's website

Monbiot.com — George Monbiot's website

Nealadams.com — research and animation of expanding Earth theory

Newenergymovement.org — alternative energies

Niburu.nl — alternative news website in Dutch and English

Operationterra.com — Lyara's website on Earth changes, ETs, the end times, and the journey to the New Earth

Ourhollowearth.com — explorations of the hollow Earth theory, a corollary to the expanding Earth theory

Peterussell.com — Peter Russell's website

Projectcamelotportal.com — Fascinating interviews

Psychedelicaventure2012.blogspot.com — a variety of interesting information about 2012 phenomena

Raisingloveconsciousness.com — Kashonia Carnegie's blog

Rense.com — Jeff Rense's alternative news website

Revolution2012.net — John Revelis' website

Selfempowermentacademy.com — Jasmuheen's website

Sheldrake.org — Rupert Sheldrake's website

Sitchin.com — Zechariah Sitchin's website

Solutions.co.uk — Soleira and Santara Green's evolutionary website

Spiritofmaat.com — Drunvalo Melchizedek's website

Survive2012.com — Patrick Geryl's website

Swirlednews.com — crop circles newsletter

Thevenusproject.com — Jacque Fresco's website on planetary redesign

Thezeitgeistmovement.com — Peter Joseph's website advocating a

resource-based economy

Thomhartmann.com — Thom Hartmann's website

Timeofglobalshift.com — a holistic, spiritual view of the present time on Earth, and the role we each can play to support the current global transformation

Tomkenyon.com — planetary messages from the Hathors

Trackerschool.com — Tom Brown Jr.'s website

Webdirectory.com — Earth's biggest environmental search engine

Wingmakers.com — Time capsule from a future version of humankind

Wisdomsplendour.org — Sri Aurobindo, the Mother, and Integral Yoga

Wisdomuniversity.org — university founded by Barbara Marx Hubbard

Worldpuja.org — live internet webcasts for peace

SUGGESTED MOVIES

Avatar (glimpse of Gaia)
Brother Sun, Sister Moon (St. Francis of Assisi)
Dances with Wolves (clash of cultures)
Deep Impact (meteorite impact scenario)
Dragonfly (power of dreams)
Harry Potter series (latent magical abilities)
Illusion (akashic records)
Phenomenon (awakening extrasensory gifts)
Powder (supramental human)
Sliding Doors (multiple timelines)
The Big Blue (human-dolphin interactions)
The Core (Core warming)
The Day After Tomorrow (Ice Age scenario)
The Lake House (parallel timelines)
Whale Rider (human-whale interactions)

GLOSSARY

Animal Human — The first of four stages of human evolution, according to Sri Aurobindo. At this stage our primary goal is survival of the self and survival of the species. It is based on instinctive reactions and behaviors. Taken to an extreme this results in a consciousness of separateness and perpetual conflict.

Ascended Master — One who has succeeded in unifying the physical body with the light body.

Ascension — This term has both personal and planetary components. It refers to the process of raising the frequencies of the physical body so as to merge with its higher-dimensional counterpart, the light body, thus transcending the ordinary limitations of a third-dimensional body. The term is also used to refer to our translation from third-dimensional consciousness to fourth, fifth, or sixth-dimensional consciousness (See Shift of the Ages).

Atlantis — A continent hosting an advanced race of humans believed to have sunk 12,000 years ago. The sinking of Atlantis could be related to both a magnetic pole reversal between 11,800 and 12,400 years ago and to a corresponding pole shift.

Axiatonal Lines — In *The Keys of Enoch*, J.J. Hurtak refers to these higher-dimensional flows of energy which serve as galactic extensions of the meridian system in the body. When fully open, it enables one to heal the body, regenerate limbs, and even raise the dead.

Base Harmonic Frequency — The vibrational resonance inherent in matter. Alexey Dmitriev postulates that the increase in cosmic dust within our Solar System would raise the base harmonic frequency of matter. This closely correlates with Sri Aurobindo's

references to an imminent transformation of our bodies into true matter.

Blue Star — There is a Hopi prophecy that the Fifth World would be birthed following the arrival of the Blue Star. LaViolette believes that this phenomenon is related to periodic explosions in the galactic core which emit massive quantities of cosmic energies. This pulse of cosmic energy becomes visible to us through layers of interstellar dust as a brilliant bluish-white star shortly before its impact reaches our Solar System. LaViolette speculates that the next pulse of this galactic superwave is imminent.

Central Sun — A theosophical term for both the physical and interdimensional aspects of the consciousness embodying the center of our galaxy.

Cosmic Dust — Refers to interstellar debris in outer space, including fragments of exploded stars and planets. Dmitriev has been researching the effects of an increase of cosmic dust recently encountered within our Solar System.

Crop Circles — Increasingly complex geometrical patterns that have been mysteriously created in wheat fields all over the world, but most famously in Wiltshire county, UK. There are many theories as to how they are created and what they mean, including the plasma theory — under certain conditions, noospheric information can be physically outpictured as geometrical patterns on the surface of the Earth and as new genetic patterns within our DNA.

Crustal Plate Displacement Theory — Charles Hapgood proposes that under certain conditions the crust of the Earth is capable of slipping, causing a dramatic shift in the location of oceans and continents on the Earth's surface. In contrast to plate tectonics, crustal displacement indicates that the entire crust of the Earth is capable of disengaging from the lower crust and mantle and shifting together (like the loose skin on a tangerine). The last time this happened was 12,000 years ago and contributed to the displacement

and sinking of Atlantis.

Crystal Children — A next generation of children, after the Indigo Children, who bring powerful gifts and abilities to help in Earth's awakening. They will set the stage for a new species of supramental beings on Earth.

Dimensions — A measure of vibrational frequency, or density. In our involutory journey, we created and descended various dimensional levels eventually reaching the third dimension. Our "fall" into this linear dimension of space and time provided the experience of extreme vibrational density and a duality between good and evil. In our evolutionary journey back to Source, we are gradually raising vibrational frequency, moving past the lessons of duality (karma), reconnecting with our souls, and moving into ascension consciousness. The Shift of the Ages is associated with rising up through the dimensions.

Third Dimension — Characterized by separation from soul. Duality. The experience of time is linear. Our physical and planetary bodies are governed by the law of increasing chaos, or entropy.

Fourth Dimension — A transitional dimension in which physical density is loosened and time is increasingly experienced as synchronistic.

Fifth Dimension — Characterized by a more unified consciousness within and without, reflected in an Age of Light. Many parallel realities exist here and inter-dimensional travel becomes possible. It is the realm of Sri Aurobindo's overmental consciousness.

Sixth Dimension — Ascension mastery becomes possible on both personal and planetary levels. It is the realm of Sri Aurobindo's supramental consciousness.

Divine Human — The third stage of our current human evolution according to Sri Aurobindo. A stage where our soul consciousness can be fully embodied in our current human forms.

Galactic Center — A black hole, referred to as the Central Sun in

theosophical literature, located at 26 degrees of Sagittarius. Personified as Hunab Ku. The origin of LaViolette's galactic superwaves.

Galactic Superwave Theory — According to Dr. Paul LaViolette, there is a massive emanation of energy pulsing out from our galactic core about every 12,000 years. Each pulse lasts several hundred to several thousand years. This is due to reach us again shortly. May be compared with the Blue Star Kachina of Hopi prophecy, which would herald our journey into the Fifth World.

Gamma Ray Bursts (GRBs) — More powerful than any supernova, these extra-galactic fireballs could be the result of mutually annihilating neutron stars colliding at the centers of spiral galaxies.

Global Brain — The morphogenetic field of a unified planet, this term is used by Peter Russell to represent the next level of species and planetary evolution following a quantum leap in consciousness in which our primary identity would be global rather than individual. The Internet is a technological representation of this global brain.

Hollow Earth Theory — This controversial theory holds that Earth, along with the other planets, has a hollow core and inner sun resulting from its centrifugal motion as gases cooled and lava began to solidify. Civilizations exist within this inner Earth, which can be accessed through openings at the north and south poles.

Human Human — The second stage of our current human evolution, according to Sri Aurobindo. This is a transitional stage where our souls begin to embody third-dimensional matter.

Hunab Ku — Mayan-attributed term referring to the center of everything, whether reflected in the center of the universe as the Source and Creator of all there is, or within the heart of each atom. Usually referring to a galactic consciousness physically represented by the Galactic Center.

Indigo Children — Along with the Crystal Children, a transitional species of humans who are being born in our midst today. They are

the forerunners of an Age of Peace.

Light body — A vehicle for our indwelling souls more fluid and responsive to our multidimensional impulses than is the current state of our physical body. According to Sri Aurobindo and other spiritual teachers, we are moving towards a time when the light body will fully merge with the physical body.

Mind — Most of us equate this with the rational mind, which is simply one layer of perception in a multidimensional universe. Beyond this, according to Sri Aurobindo, are many layers of the subtle mind, capable of experiencing reality in very different ways. This includes the Higher Mind, the Illumined Mind, the Intuitive Mind, the Overmind, and the Supermind. We become capable of experiencing increasingly subtle dimensions of reality as we get in touch with the corresponding layers of Mind.

Morphogenetic Fields — According to Rupert Sheldrake, these form-generating fields provide the basis for our memories of the past and our possibilities for the future. The akashic records, said to contain a record of everything that has ever transpired, are a morphogenetic field inter-penetrating all matter, but especially accessible within the noosphere. The hundredth monkey theory is an example of how these fields can serve an evolutionary purpose.

Noosphere — A term developed by French paleontologist and Jesuit priest Pierre Teilhard de Chardin. Describes a morphogenetic field of evolutionary intelligence physically held within the ionosphere of the Earth.






Photon Belt — A common new age metaphysical theory that refers to our encounter with a band of high frequency photons about every 13,000 years. The potential effects of such an encounter would be either cataclysmic destruction or spiritual rebirth, or both. Although first used in the context of science fiction, the term does not have much scientific backing. Some elements of this theory can be seen reflected in various cosmic phenomena.




Pole Shift — Refers to either a geographical pole shift, a magnetic pole reversal, or both simultaneously. There is evidence that a magnetic pole reversal occurs nearly every 12,000 years. Geographical pole shifts could follow magnetic reversals as the Earth realigns herself. Shifts could occur independently, as when asteroids have collided with Earth in the past. Either of these types of pole shifts could mean cataclysmic changes on Earth's surface, the extent of which would be determined by the current density of consciousness on the planet. We are due for a pole shift soon according to many sources.

Precessional Year — The seeming movement of the constellations in the sky relative to us, based on the tilt of the Earth's axis. Astrological world ages are computed according to this 26,000-year cycle.

Schumann Resonance — Refers to the base frequency of the Earth, measured at 7.83 hertz, or cycles per second. Gregg Braden, drawing on research by Russian and Swedish scientists, assesses that this frequency, stable for thousands of years, is now rising towards 13 hertz — the frequency of an awakened Earth.

Shift of the Ages — Refers to the collective translation of our planet into an Age of Light marked by a higher-vibrational fourth dimension or fifth-dimension frequency. There are many layers of factual significance. The term may be associated with one or all of the following components:

-  Moving from kali yuga to krita yuga.
-  Moving from the Age of Pisces, comprising 2,160 years of precession to the Aquarian Age.
-  Ending of a Long Count from 3114 BC to AD 2012 in the Mayan calendar, and entering the Sixth Sun or Solar Age.
-  Moving from the Fourth World to the Fifth World of the Hopis, following the appearance of the Blue Star.
-  Shifting of the geographical poles.

-  Shifting or reversal of the magnetic poles.
-  Zero Point, as defined by Gregg Braden — the simultaneous raising of Earth's base frequency and the collapsing of her magnetic fields.
-  Vibrational shift from the third dimension to higher dimensions.

Supramental — A state of unified harmony that exists beyond the mental

ego of our ordinary human consciousness.

Supramental Human — A future race on Earth, some 300 years hence, in which an expanded soul consciousness would fully incarnate within bodies of true matter, according to Sri Aurobindo and the Mother. This is the fourth and final stage of our current human evolution.

Supramental Descent — The term used by Sri Aurobindo and the Mother to indicate the quantum awakening in Earth's future — higher spiritual worlds are unified within cellular consciousness, human bodies, and all matter on Earth signaling the beginning of a new evolution and corresponding with fifth and sixth-dimensional consciousness.






True Matter — A term used by Sri Aurobindo and the Mother pertaining to a subtle frequency of etheric-physical matter. This more elastic dimension of matter would be suitable for the manifestation of multi-dimensional consciousness, culminating in the creation of the supramental human.

Year Zero — The term used by Don Alejandro to represent a time of planetary shift soon expected. The Mayas prefer to use this term rather than to fix the Mayan end-date into Gregorian time.

Yugas — The Hindu conception of world ages. The cycle spans a diminishing from the krita yuga, an age of light, through the treta, dwapara, and finally the kali yuga, an age of darkness. Sri Yukteswar claimed that each complete yugic cycle lasts 24,000 years, during

which we twice traverse the succession of yugas. A shift from a kali yuga to a krita yuga is soon anticipated. We are currently undergoing a “purification,” a necessary aspect of this Shift.

Zero Point — This term has several layers of meaning:

-  Synchronization of various cycles of time (Windrider).
-  A shift associated with the raising of Earth’s base frequency and the collapsing of her magnetic fields (Braden).
-  A still point of infinite creative potential revealed in the moment of magnetic pole reversal.
-  A reset button for planetary or stellar consciousness (Kiara and Barry).
-  A form of free energy technology.



ABOUT KIARA WINDRIDER

Kiara Windrider, MA, MFT, spent much of his early life traveling and practicing various spiritual traditions in India. A lifelong interest in environmental healing, peacemaking, and social justice led to a dual degree in Peace studies and International Development through Bethel College, North Newton, Kansas. Later, he completed a graduate program in Transpersonal Counseling Psychology through JFK University in Orinda, California, and worked for many years at an alternative psychiatric center called Pocket Ranch Institute, which specialized in healing emotional trauma and facilitating spiritual emergence. He received a psychotherapy license (MFT) from the State of California in 1998. He has also trained in various forms of bodywork, breathwork, hypnotherapy, and shamanic healing.

A major interest has been in understanding planetary and cosmic cycles and their relevance to humanity's journey of awakening. He has approached this study through the eyes of shamans, geologists, historians, physicists, prophets, and mystics. From this research, he

has come to the firm conviction that we stand collectively at the brink of a quantum evolutionary leap beyond our wildest dreams.

He is currently focused on planetary healing using a system of anchoring divine light known as Ilahinoor, and also through the use of Inka shamanic practices. His greatest wish is to live fully in the wonder of each moment, and to help awaken this beautiful planet to its destiny.

Kiara is the author of *Doorway to Eternity: A Guide to Planetary Ascension*, *Deeksha: Fire from Heaven, Journey into Forever: Surfing 2012 and Beyond*, *Ilahinoor: Awakening the Divine Human*, *Gaia Luminous: Emergence of the New Earth*, *Homo Luminous: Manual for the Awakening Human* and *Issa: Son of the Sun*.

Please check out his website, Kiarawindrider.net. Kiara travels frequently and is available for conferences, seminars and retreats around the world. Suggestions and comments are always welcome, and may be addressed to kiarawindrider@gmail.com.

Kiara was born on March 6, 1959 at 2:06 am in Bombay, India.